

# eWIC Quick Pick Guide - Milk

**Milk options:**



Cow milk      OR      Buttermilk      OR      Evaporated milk      OR      Powdered milk      OR      Shelf stable (UHT) milk

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|-------------|-------------------|--------------------|--------------|
| ed milk i e |                   |                    |              |

|             | 1.0 Gallon                     | 0.75 Gallon                             | 0.5 Gallon             | 0.25 Gallon                       |
|-------------|--------------------------------|---|------------------------|-----------------------------------|
| 1.0 Gallon  | 1 gallon milk                  | 1/2 gallon milk + 1/2 gallon buttermilk | 4 cans evaporated milk | 9.6 oz dry milk + 1 qt buttermilk |
| 0.75 Gallon | 1/2 gallon milk + 1 quart milk | 1/2 gallon milk + 1 quart buttermilk    | 3 cans evaporated milk | 9.6 oz dry milk                   |
| 0.5 Gallon  | 1/2 gallon milk                | 1/2 gallon buttermilk                   | 2 cans evaporated milk | 1 can milk + 1 quart buttermilk   |
| 0.25 Gallon | 1 quart milk                   | 1 quart buttermilk                      | 1 can evaporated milk  | 3/4 quart shelf stable ( m)lk     |

\* Lactose free milk, soy milk and goat milk (whole fat only) are available options if assigned by your local WIC clinic and printed on your eWIC receipt/benefit list.