

eWIC QUICK PICK GUIDE- MILK

- There are many options when using your milk benefit including fluid cow's milk, soy, goat, lactose reduced/free, evaporated, nonfat dry or kosher. For UHT milk ask your Nutritionist.
- For cow's milk and lactose reduced/free milk you can buy 32 oz (quart), 64 oz (1/2 gallon) or 128 oz (gallon). For lactose reduced/free milk you can also buy 96 oz containers. For information on other WIC approved sizes visit [Approved Food Guide \(ct.gov\)](http://www.ct.gov/ApprovedFoodGuide) or WIC Allowable Foods on the WICShopper app.
- Below are examples of your choices for WIC eligible milks.
- Ask your WIC Nutritionist for more details.



1 GALLON of MILK =
128 ounces

BELOW ARE EXAMPLES OF
HOW TO BUY ONE GALLON OF
MILK.

1 GALLON of MILK

OR

2 Half GALLONS (64 oz) MILK



OR

4 QUARTS (32 oz) MILK



1 GALLON of MILK

OR

5 (12 oz.) CANS EVAPORATED
MILK



1 GALLON of MILK

OR

1 (9.6 oz.) BAG DRY-MILK
POWDER



+

1 (12 oz.) CAN EVAPORATED
MILK



Other options for your milk benefit include tofu, yogurt or cheese. Talk with your WIC Nutritionist about all your milk options.

If you have more gallons of milk, you can get more combinations of milk. Turn over for more combinations of WIC eligible milks.

This institution is an equal opportunity provider.



2 GALLONS MILK =

3 GALLONS MILK =

4 GALLONS MILK =

5 GALLONS MILK =

4 Half GALLONS (64 oz) MILK

6 Half GALLONS (64 oz) MILK

8 Half GALLONS (64 oz) MILK

10 Half GALLONS (64 oz) MILK



OR

10 (12 oz.) CANS EVAPORATED MILK*

OR

16 (12 oz.) CANS EVAPORATED MILK

OR

21 (12 oz.) CANS EVAPORATED MILK*

OR

26 (12 oz.) CANS EVAPORATED MILK*



OR

2 (9.6 oz.) BAGS DRY-MILK POWDER*

OR

4 (9.6 oz.) BAGS DRY-MILK POWDER

OR

5 (9.6 oz.) BAGS DRY-MILK POWDER*

OR

6 (9.6 oz.) BAGS DRY-MILK POWDER*



OR

4 Half GALLONS (64 oz) LACTOSE REDUCED/FREE

OR

6 Half GALLONS (64 oz) LACTOSE REDUCED/FREE

OR

8 Half GALLONS (64 oz) LACTOSE REDUCED/FREE

OR

10 Half GALLONS (64 oz) LACTOSE REDUCED/FREE



OR

2 (96 oz) and 1 (64 oz) LACTOSE REDUCED/FREE

OR

2 (96 oz) and 3 (64 oz) LACTOSE REDUCED/FREE

OR

4 (96 oz) and 2 (64 oz) LACTOSE REDUCED/FREE

OR

4 (96 oz) and 4(64 oz) LACTOSE REDUCED/FREE

