

CT WIC Policy 300-02 Addendum II Substitutions of Milk Benefits – Cheese, Yogurt, Tofu

Food package	Milk Total Benefit Quarts	Milk Total Quarts Substitution permitted for a combination of Cheese, Yogurt and Tofu	Cheese Maximum substitution 1 LB = 3 Qt of Milk 2 LB = 6 Qt of milk	Yogurt Maximum Substitution 1 QT = 1 QT of milk	Tofu 1 LB = 1 QT of milk	Lactose Intolerance or other reasons: Tofu -Up to the maximum allowance for fluid milk QT
Children – Food Package IV	16	4	1 = 3 Quarts	1 = 1 Quart	1 = 1 Quart	16
Women Pregnant or partially breastfeeding – Food package V	22	4	1 = 3 Quarts	1 = 1 Quart	1 = 1 Quart	22
Women Postpartum up to 6 months Food Package VI	16	4	1 = 3 Quarts	1 = 1 Quart	1 = 1 Quart	16
Women Fully Breastfeeding (up to 1 year postpartum) Food Package VII	24	6	2 = 6 Quarts	1 = 1 Quart	1 = 1 Quart	24

Other Types of Milk Packages allowed in CT-WIC^{1 2 3}

Milk QT depends on participant category and food package.	Evaporated Milk 12 ounces Yields 24 reconstituted fluid ounces 5 cans = 4 quarts or 1 gallon 1 can = .75 Quart or .18 gallon Possible Combinations:	Combination of Regular fluid Milk and Evaporated Milk, Cheese and Yogurt/Tofu Possible Combinations:	Lactaid Milk Container of 96 fluid ounces 1 Container of 96 fluid ounces = 3 QT = 1 LB Cheese Possible Combinations:
16 Quarts	21 cans Evaporated Milk	2 Gallons of Fluid Milk + 5 Cans of Evaporated Milk + 1 LB Cheese + 1 QT Yogurt or Milk or 1 LB Tofu	4 Containers of Lactaid 96 fl oz + 4 LB Tofu Or 4 Containers of Lactaid 96 fl Oz + 1 LB Cheese + 1 Yogurt
	OR	OR	OR
	16 Cans and 1 LB Cheese and 1 QT Yogurt or 1 LB Tofu	1 Gallon of Fluid Milk + 10 cans of Evaporated Milk + 1LB Cheese + 1 Qt Yogurt or Milk or 1LB Tofu	5 Containers of Lactaid 96 fl Oz + 1 Quart of Fluid lactose free Milk or 1 QT of Yogurt or 1 LB of Tofu
22 Quarts	29 Cans Evaporated Milk	3 Gallons of Fluid Milk + 7 cans of Evaporated Milk + 1 LB Cheese + 1 QT of Yogurt or Tofu	6 Containers of Lactaid 96 fl Oz + 4LB Tofu Or 6 Containers of Lactaid 96 fl Oz + 1 LB of Cheese + 1 QT of Yogurt or 1LB of Tofu
	24 Cans Evaporated Milk + 1 LB Cheese + 1 QT of Yogurt or 1 LB Tofu	4 Gallons of Fluid Milk + 2 cans of Evaporated Milk + 1 LB Cheese + 1 QT of Yogurt of Tofu	7 Containers of Lactaid 96 fl Oz + 1 QT Lactose free Milk or Yogurt or 1 LB Tofu
	21 Cans of Evaporated Milk + 2 LB Cheese (Only for Food Package VII)		

24 Quarts	32 Cans Evaporated Milk	5 Gallons of Fluid Milk + 5 cans of Evaporated Milk	8 Containers of Lactaid size 96 fl Oz (1 Container of 96 oz = 1LB Cheese or 3 LB of Tofu)
	26 Cans of Evaporated Milk + 1 LB of Cheese + 1 Qt Yogurt or Fluid Milk or 1LB Tofu	4 Gallons of Fluid Milk + 5 cans of Evaporated Milk + 1 LB Cheese + 1 QT Yogurt or 1 LB Tofu	7 Containers of Lactaid size 96 fl Oz + 1 LB Cheese or 3 LB Tofu
			6 Containers of Lactaid size 96 fl oz and 2 LB Cheese Or 6 Containers of Lactaid 96 fl Oz + 6 LB of Tofu Or 6 Containers of Lactaid 96 fl Oz + 1 LB Cheese + 1 QT Yogurt + 1LB Tofu
			5 Containers of Lactaid 96 fl Oz + 3 LB Tofu + 2 LB Cheese Or 5 Containers of Lactaid 96 fl Oz + 6 LB Tofu + 1 LB Cheese Or 5 Containers of Lactaid 96 fl Oz + 9 LB Tofu
			4 Containers of Lactaid 96 fl Oz + 9 LB Tofu+ 1 LB Cheese Or 4 Containers of Lactaid 96 fl Oz + 12 LB Tofu
¹ Yogurt cannot exceed more than 1 Quart for each person /participant in the WIC Program. ² Cheese cannot exceed more than 1 or 2 LB per each participant depending on the participant category. ³ Combinations of Lactose Free Milk of container size 64 fluid ounces are not included on this table.			