

# 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**

