DO YOU BUY
LACTOSE FREE OR LACTAID MILK?

Let WIC staff know!

WIC needs to know if you buy **LACTOSE FREE MILK** so it can be printed on your checks.

WIC wants you to be able to buy **LACTOSE FREE MILK**, but we need your help to make this an option. Here's why:

- **LACTOSE FREE MILK**, either store brands or **LACTAID,** costs more than regular milk.
- Because of the cost difference, WIC needs to print **LACTOSE FREE MILK** separately from regular milk on your checks.
- Stores may not let you buy **LACTOSE FREE** or **LACTAID** milk unless it is printed on your WIC checks.

This new rule applies to only **LACTOSE FREE** and **LACTAID** milks.

You can continue to buy regular, acidophilus and other milks listed in your Food Brochure with your WIC checks – these do not have to be printed separately on your checks.

Buy only what is printed on your WIC checks!

This institution is an equal opportunity provider. Washington WIC does not discriminate. For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).
DOH 960-180 December 2009

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