

2%, 1%, or Nonfat

APPROVED

Must Be

- 2%, 1%, or nonfat milk
- Only the type of milk printed on the WIC check
- Plastic or paper containers
- Cow's milk
- Fortified with Vitamins A and D
- Homogenized
- Pasteurized
- Plain, unflavored
- Refrigerated



You Can Choose

- Combinations of gallons or half-gallons
- Quarts only allowed when printed on the check
- Acidophilus
- Any brand
- Calcium-fortified
- Fat free
- Kosher
- Lactobacillus
- Low fat
- Probiotics
- Skim milk with added thickeners, such as Creamy Fat Free, Skim Royal, Skim Supreme

NOT APPROVED

See page 22.

Whole

APPROVED

Must Be

- Whole milk
- Only the type of milk printed on the WIC check
- Plastic or paper containers
- Cow's milk
- Fortified with Vitamin D
- Homogenized
- Pasteurized
- Plain, unflavored
- Refrigerated

You Can Choose

- Combinations of gallons or half-gallons
- Quarts only allowed when printed on the check
- Acidophilus
- Any brand
- Calcium-fortified
- Kosher



NOT APPROVED

See page 22.

Lactose Free

APPROVED

Must Be

- Lactose free milk
- Only the type of milk printed on the WIC check
- Plastic or paper containers
- Cow's milk
- Fortified with Vitamins A and D
- Homogenized
- Pasteurized
- Plain, unflavored
- Refrigerated



You Can Choose

- Combinations of gallons or half-gallons
- Quarts only allowed when printed on the check
- 2%, 1%, nonfat, or whole lactose free milk
- Acidophilus
- Any brand
- Calcium-fortified
- Kosher
- Lactobacillus

NOT APPROVED

See page 22.

Dry

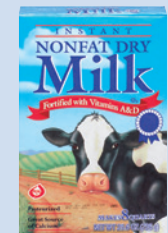
APPROVED

Must Be

- Dry milk
- Only the type of milk printed on the WIC check
- Mixes to 1 quart of milk or more
- Cow's milk
- Fortified with Vitamins A and D
- Homogenized
- Pasteurized
- Plain, unflavored

You Can Choose

- Boxes, cylinders, plastic bags, or pouches
- 2%, 1%, nonfat, or whole dry milk
- Any brand
- Calcium-fortified
- Kosher



NOT APPROVED

See page 22.

Evaporated

APPROVED

Must Be

- 12 oz can
- Evaporated milk
- Only the type of milk printed on the WIC check
- Cow's milk
- Fortified with Vitamins A and D
- Homogenized
- Pasteurized
- Plain, unflavored

You Can Choose

- 2%, 1%, nonfat, or whole evaporated milk
- Any brand
- Calcium-fortified
- Kosher



NOT APPROVED

See list below.

NOT APPROVED FOR ALL TYPES OF MILK

Do Not Buy

- Sizes and types not listed as approved
- Added flavors, foods, or spices
- Pints, half-pints, or smaller
- Glass bottles, shelf-stable, or UHT containers
- Single-serve or individual packets
- Bulk powdered milk
- Buttermilk
- Chocolate milk
- DHA/ARA
- Half and half

- Hemp, nut, rice, or other grain beverages
- Kefir
- Low-carb dairy beverage
- Omega 3
- Organic
- Other animal milk, such as goat or sheep
- Raw milk
- Soy milk or beverage
- Sweetened condensed milk
- Unpasteurized milk
- Whipping cream

APPROVED

Must Be

- 16 oz to 18 oz jar
- Plain



You Can Choose

- Any brand
- Creamy or smooth
- Chunky or extra chunky
- Crunchy or extra crunchy
- Low sodium
- Natural peanut butter
- No stir or stir
- Salted or unsalted

NOT APPROVED

Do Not Buy

- Sizes and types not listed as approved
- Sizes other than 16 oz to 18 oz
- Bulk
- Added flavors, foods, or spices
- Added oils, such as flax or safflower
- DHA/ARA
- Freshly ground or grind-it-yourself
- Gourmet
- Low-carb peanut butter spread
- Low-glycemic
- Natural spread
- Nut or seed butters, such as almond, cashew, sesame, soy, sunflower, or tahini
- Omega 3
- Organic
- Reduced-fat
- Roasted honey nut
- Single-serve or slices
- Spread
- "Squeeze It" tubes
- Valencia
- Vitamin E