

Milk

Nonfat, 1%, 2%, or Whole

APPROVED

Must Be

Only the type of milk printed on the WIC check (Nonfat or 1%, 2%, or whole)
 Plastic or paper containers
 Cow's milk
 Homogenized
 Pasteurized
 Refrigerated
 Unflavored

You Can Choose

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

Shopping Tip: You can combine two half-gallons for a gallon. Examples:



NOT APPROVED

See page 24.

Milk

Lactose Free

APPROVED

Must Be

Only the type of lactose free milk printed on the WIC check (1% or less, 2%, or whole)
 Plastic or paper containers
 Cow's milk
 Homogenized
 Pasteurized
 Refrigerated
 Unflavored



You Can Choose

Combinations of half-gallons and gallons
 Quarts only allowed when printed on the check
 Any brand
 Calcium-fortified
 Fat free
 Kosher

NOT APPROVED

See page 24.

Dry

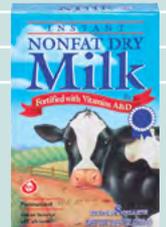
APPROVED

Must Be

Only dry milk when printed on the WIC check
 Mixes to 1 quart of milk or more
 Cow's milk
 Homogenized
 Pasteurized
 Unflavored

You Can Choose

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



Shopping Tip

The amount printed on the check equals the amount of quarts after mixing with water.

NOT APPROVED

See page 24.

Milk

Evaporated

APPROVED

Must Be

12 oz can
Only evaporated milk when printed on the WIC check
Cow's milk
Homogenized
Pasteurized
Unflavored

You Can Choose

2%, 1%, fat free, 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

Added flavors, foods, or spices
Pints, half-pints, or smaller
Glass bottles
Single-serve or individual packets
Bulk powdered milk
Almond, coconut, hemp, rice, or other grain or nut beverages
Buttermilk
Chocolate milk
DHA/ARA
Filled milk
Half and half
Kefir
Low-carb dairy beverage
Non homogenized
Omega 3
Organic

Other animal milk, such as goat or sheep
Raw milk
Sweetened condensed milk
UHT containers
Unpasteurized milk
Whipping cream

Shopping Tip

You can buy soy beverage or soy milk only when it's printed on your WIC check. See page 26 for soy beverage information.