

WIC Substitutions (Children and Adults)

Juice

Do you prefer:

- One 64 ounce bottle of juice **OR**
- \$3 Cash value benefit



64 Ounce Juice



\$3 Cash Value Benefit

Milk

Do you want to replace some milk with (choose any):

- **Cheese** (One pound or up to two pounds if exclusively breastfeeding)
 - One pound cheese = Three quarts of milk
- **Yogurt** (Up to two quarts)
 - One quart of yogurt = One quart of milk



Cheese



Yogurt

Eggs

Do you want to replace one dozen eggs with (choose one):

- **Peanut Butter** (One container)
- **Canned Beans** (64 ounces)
- **Dried Beans** (16 ounces)



Peanut Butter



Canned Beans



Beans



Department of
Health

Women, Infants, and
Children Program (WIC)

WIC Substitutions (Infants 6+ Months)

Choose the “Infant Fruits and Vegetables” option you like:

32 Containers (128 ounces)



16 Containers (64 ounces) + \$11 Cash Value Benefits



\$22.00 Cash Value Benefits



These options are the same for all infant categories (fully formula, partially breastfeeding, and exclusively breastfeeding).

This institution is an equal opportunity provider.
Document adapted from Washington State WIC program.