

WIC Substitutions (Children and Adults)

JUICE

1. Do you prefer:

- One 64 oz bottle of juice **OR**
- \$3 Cash Value Benefit



64 oz Juice

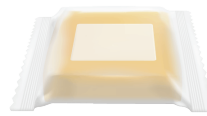


\$3 Cash Value Benefit

MILK

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

- Cheese (1 lb **OR** up to 2 lbs if Fully Breastfeeding)
 - 1 lb cheese = 3 qt milk
- Yogurt (up to 2 qt)
 - 1 qt yogurt = 1 qt milk
- Tofu (up to max)
 - 1 lb tofu = 1 qt milk
- *Soy Milk (up to max)
 - 1 qt soy milk = 1 qt milk



Cheese



Yogurt



Tofu



Soy Milk

EGGS

3. Do you want to replace one dozen eggs with (choose 1)**:

- Peanut butter (1 container)
- Canned beans (four 15-16 oz cans)
- Tofu (1 lb)
- Dried Beans, Peas, or Lentils (1 lb)



Peanut Butter



Tofu



Dried Beans



Canned Beans

* Soy milk must be selected for children 12 through 23 months but is included as an option in all other food packages.

** Fully Breastfeeding participants can replace 1 or 2 dozen eggs, each with one of the choices listed.



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