

Dairy Substitution Guide – Temporary Milk Increase Starting March 16, 2026



Milk				
Category	Food Rule		Temporary Increase	
Child 12-23 Months	12 qt	3 gal	16 qt	4 gal
Child 2-4 Years	14 qt	3.5 gal	16 qt	4 gal
Postpartum	16 qt	4 gal	16 qt	4 gal
Pregnant	16 qt	4 gal	22 qt	5.5 gal
Some Breastfeeding	16 qt	4 gal	16 qt	4 gal
Partially (Mostly) Breastfeeding	16 qt	4 gal	22 qt	5.5 gal
Fully Breastfeeding	16 qt	4 gal	24 qt	6 gal

Conversion Table

Gallon	Quarts
1 gal	4 qt
0.75 gal	3 qt
0.5 gal	2 qt
0.25 gal	1 qt

Substitution Rates		
Food	Exchange Rate	Max Exchange
Yogurt	32 oz yogurt → 0.25 gal milk	64 oz yogurt → 0.5 gal milk
Cheese	1 lb cheese → 0.75 gal milk	All categories except fully breastfeeding: 1 lb cheese → 0.75 gal milk
		Fully breastfeeding only: 2 lb cheese → 1.5 gal milk
Tofu	1 lb tofu → 0.25 gal milk	Up to MMA for milk
*Soy Milk	0.25 gal soy → 0.25 gal milk	Up to MMA for milk

Common Substitutions												
	Child 12-23 Months	Child 12-23 Months	Child 2-4 Years	Child 2-4 Years	PP; Some BF	PP; Some BF	Pregnant; Mostly BF	Pregnant; Mostly BF	Fully BF	Fully BF	Fully BF	Fully BF
Milk	3 gal	2.75 gal	3 gal	2.75 gal	3 gal	2.75 gal	4.5 gal	4.25 gal	5 gal	4.25 gal	4.75	4 gal
Yogurt	32 oz	64 oz	32 oz	64 oz	32 oz	64 oz	32 oz	64 oz	32 oz	32 oz	64 oz	64 oz
Cheese	1 lb	1 lb	1 lb	1 lb	1 lb	1 lb	1 lb	1 lb	1 lb	2 lb	1 lb	2lb
Total Milk	4 gal	4 gal	4 gal	4 gal	4 gal	4 gal	5.5 gal	5.5 gal	6 gal	6 gal	6 gal	6 gal

qt – quart; gal – gallon; lb – pound; MMA – Maximum Monthly Allowance; PP – Postpartum; Mostly BF – Partially (Mostly) Breastfeeding; Fully BF – Fully Breastfeeding.

*Staff must choose the Soy-based beverage subcategory for participants with the Milk – Whole category who want soy milk.

Note: All food packages start with cow’s milk only!



DOH 961-1305 March 2026

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Requirements for Issuing Dairy Products



Food	Participant Category	Milk Fat				Plant-Based Milk
		Whole	2%	1%	Non-Fat	
Milk	Child 12-23 Months	Standard Issuance	Nutrition assessment by RDN OR Medical documentation		Not Allowed	Standard Issuance
			<i>*Nutrition Risk 115: Weight/Length ≥ 98th Percentile</i>			
	Child 2-4 Years	Medical documentation (or foods deferred to RDN)	Nutrition assessment by RDN OR Medical documentation		Standard Issuance	Standard Issuance
			<i>*Nutrition Risk 103: Underweight or At Risk of Underweight</i>			
	Pregnant/ BF/PP	Medical documentation (or foods deferred to RDN)	Nutrition assessment by RDN OR Medical documentation		Standard Issuance	Standard Issuance
			<i>*Nutrition Risk 101: BMI < 18.5 *Nutrition Risk 131: Low Weight Gain During Pregnancy</i>			
		Whole	Low Fat (2% and 1%)	Non-Fat		Plant-Based Yogurt
Yogurt	Child 12-23 Months	Standard Issuance	Standard Issuance	Nutrition assessment by RDN OR Medical documentation		Standard Issuance
				<i>*Nutrition Risk 115: Weight/Length ≥ 98th Percentile</i>		
	Child 2-4 Years	Medical documentation (or foods deferred to RDN)	Standard Issuance	Standard Issuance		Standard Issuance
Pregnant/ BF/PP	Medical documentation (or foods deferred to RDN)	Standard Issuance	Standard Issuance		Standard Issuance	

RDN – Registered Dietitian Nutritionist; BF – Breastfeeding (any amount); PP – Postpartum.

*Nutrition Risk codes may help guide staff during their nutrition assessment but are not required to provide the corresponding fat level of milk or yogurt.

*If medical documentation is provided then foods must be issued based on the medical documentation.



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