

# WIC Food Substitutions, Made Simple

WIC Staff Desktop Resource

You can substitute or trade some WIC foods for other options that may work better for you and your family.

## Milk

Trade milk:



1 quart milk



1 tub yogurt (32 oz)



1 quart milk



1 tofu (1lb)



3 quarts milk



Cheese  
1lb (or 16 oz)

## Juice

Trade juice:



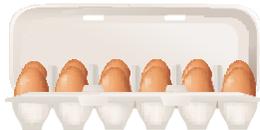
64 oz juice



\$3 worth of fruits  
& vegetables

## Eggs

Trade eggs:



1 dozen eggs



1 jar peanut  
butter  
(16-18 oz)

or



4 cans of  
beans  
(15-16 oz each)

or



Dried beans,  
lentils, or peas  
(1 lb or 16 oz)

This institution is an equal opportunity provider.