

# CUSTOMIZED REFERENCE GUIDE

## Conversion Chart

Gallons	Quarts	Pints	Fluid Ounces
1	4	8	128
½	2	4	64
¼	1	2	32
NA	½	1	16

## Customized Milk Options

Provide to participant upon request.

Milk Option	Substitution Rate to Fluid Milk	Package Size Available
<b>Acidophilus Milk</b>	1:1	Half gallon
<b>Lactose Free/Lactose Reduced Milks</b>	1:1	Half gallon
<b>Powdered Milk</b>	1:1	3 quarts / 8 quarts / 20 quarts*
<b>Goat milk</b>	1:1	Quart

\*packages reconstitute to these amounts

Milk Option	Substitution Rate	Package Size	# of 12 oz. Cans	Equivalent Milk Substitution
<b>Evaporated Milk</b>	1:2 16 oz. Evaporated Milk to 32 oz. Fluid Milk	12 oz. cans (1 can reconstitutes to 24 oz. fluid milk)	1	.75 quarts
			2	1.5 quarts
			3	2.25 quarts
			4	3.0 quarts
			5	3.75 quarts
			6	4.5 quarts
			7	5.25 quarts
			8	6 quarts

## Medical Documentation Needed Options

Medical Documentation of a Qualifying Condition required for the following Milk Substitutes.

Milk Substitute	Substitution Rate	Package Size	Medical Documentation Required	WIC Category	Qualifying Conditions
<b>2% and Whole Milk</b>	1 quart = 1 quart	Gallon and ½ Gallon	Any Amount	All Women	<ul style="list-style-type: none"> <li>❖ Underweight: <u>Child</u>: ≤ 5<sup>th</sup>% weight/length or BMI <u>Woman</u>: Underweight per BMI</li> <li>❖ Weight loss: due to ongoing medical condition that has persisted ≥ 6 months</li> <li>❖ <u>Pregnancy</u>: current inadequate weight gain</li> </ul>
				Children ≥ 2 years	
<b>Cheese</b>	1 lb. = 3 quarts fluid milk	Pound (16 oz.)	> 1 lb.	<ul style="list-style-type: none"> <li>• Children</li> <li>• Mostly-Breastfeeding</li> <li>• Some-Breastfeeding</li> <li>• Non-Breastfeeding</li> <li>• Pregnant</li> </ul>	<ul style="list-style-type: none"> <li>❖ Underweight: <u>Child</u>: ≤ 5<sup>th</sup>% weight/length or BMI <u>Woman</u>: Underweight per BMI</li> <li>❖ Weight loss: due to ongoing medical condition that has persisted ≥ 6 months</li> <li>❖ <u>Pregnancy</u>: current inadequate weight gain</li> </ul>
			> 2 lbs.	<ul style="list-style-type: none"> <li>• Fully Breastfeeding</li> <li>• Pregnant with Multiples</li> <li>• Mostly-BF Multiples</li> <li>• Pregnant and Fully BF</li> </ul>	
			> 3 lbs.	Fully Breastfeeding Multiples	

## Medical Documentation Needed Options - Continued

Medical Documentation of a Qualifying Condition required for the following Milk Substitutes.

Milk Substitute	Substitution Rate	Package Size	Medical Documentation Required	WIC Category	Qualifying Conditions
<b>Tofu</b>	1 lb. = 1 quart fluid milk	Pound (16 oz.)	Any Amount	Children	<ul style="list-style-type: none"> <li>❖ Milk allergy</li> <li>❖ Vegan diet</li> <li>❖ Religious or cultural observance/practice</li> </ul>
			> 4 lbs.	<ul style="list-style-type: none"> <li>• Mostly-Breastfeeding</li> <li>• Some-Breastfeeding</li> <li>• Non-Breastfeeding</li> <li>• Pregnant</li> </ul>	
			> 6 lbs.	<ul style="list-style-type: none"> <li>• Fully Breastfeeding</li> <li>• Pregnant with Multiples</li> <li>• Mostly-BF Multiples</li> <li>• Pregnant and Fully BF</li> <li>• Fully BF Multiples</li> </ul>	
<b>Soy Beverage</b>	1 quart = 1 quart fluid milk	Half Gallon or Quart (depending on brand)	Any Amount	Children	<ul style="list-style-type: none"> <li>❖ Milk allergy</li> <li>❖ Vegan diet</li> <li>❖ Religious or cultural observance/practice</li> </ul>
			Medical Documentation <b>NOT</b> required	All Women	NA

## Cheese Substitution: Equivalence in Quarts and Gallons

Note: providing cheese amounts > 1 lb. (or 2 lb. for Fully BF Women) should not be common.

Amount of Cheese	Quarts	Gallons
2 lbs	6 quarts	1.5 gallons
3 lbs	9 quarts	2.25 gallons
4 lbs	12 quarts	3 gallons
5 lbs	15 quarts	3.75 gallons
6 lbs	18 quarts	4.5 gallons
7 lbs	21 quarts	5.25 gallons
8 lbs	24 quarts	6 gallons
9 lbs	27 quarts	6.25 gallons

## Combinations Allowed

- ◆ Any combination of milk/milk substitutes may be provided up to the **maximum amount allowed** for the Participant Type.
- ◆ Evaluate to determine if the requested substitutions meet qualifying criteria and are appropriate for that individual.

WIC Food Package	WIC Category	Combined Maximum Amount Allowed (Milk and Milk Substitutes)
4	Children	16 quarts
5	<ul style="list-style-type: none"> <li>• Pregnant Women</li> <li>• Mostly-Breastfeeding Women</li> </ul>	22 quarts
6	<ul style="list-style-type: none"> <li>• Some-Breastfeeding Women</li> <li>• Non-Breastfeeding Women</li> </ul>	16 quarts
7	<ul style="list-style-type: none"> <li>• Fully Breastfeeding</li> <li>• Pregnant with Multiples</li> <li>• Mostly-Breastfeeding Multiples</li> <li>• Pregnant and Fully Breastfeeding</li> </ul>	27 quarts
7+	Fully Breastfeeding Multiples	<ul style="list-style-type: none"> <li>• 39 quarts (1<sup>st</sup> and 3<sup>rd</sup> month)</li> <li>• 42 quarts (2<sup>nd</sup> month)</li> </ul>

## Examples of How to Provide Milk Substitute Combinations

### Example 1: Evaporated and Powdered Milk and Cheese for a Child

#### Situation:

The parent wants

1 pound of cheese and

"about half powdered and half evaporated" milk

**16 quarts** = the maximum allowed amount of milk for a child.

**Cheese Substitution** = 1 pound of cheese for 3 quarts milk.

**Powdered Milk Substitution** = 1:1 ratio = 1 quart powdered milk for 1 quart fluid milk.

→ **Note:** for children, powdered/dry milk is packaged in 3-quart or 8-quart containers.

**Evaporated Milk Substitution** = 1:2 ratio = 1 quart evaporated milk for 2 quarts fluid milk.

→ **Note:** evaporated milk comes in 12 oz. cans and not quarts.

- 1 can reconstituted = .75 quarts milk
- 2 cans reconstituted = 1.5 quarts milk.
- 3 cans reconstituted = 2.25 quarts milk
- 4 cans reconstituted = 3.0 quarts milk
- 5 cans reconstituted = 3.75 quarts
- 6 cans reconstituted = 4.5 quarts

Calculate the amounts to be provided

#### Summary

The Milk portion of the food package would be:

- 1 lb. cheese
- 1 (8 quart) container of powdered milk
- 6 cans (12 ounces each) evaporated milk

#### CALCULATE AMOUNTS TO PROVIDE

Quarts Milk Available for Substitution	Rate of Substitution of Milk	Amount to Substitute	Amount to Be Subtracted	Remaining Quarts of Milk
<b>Start with cheese</b>				
16 quarts	1 lb = 3 quarts	1 lb.	- 3 quarts	13 quarts
<b>Next calculate powdered milk</b>				
13 quarts	1 quart = 1 quart	1 (8 quart)	- 8 quarts	5 quarts
<b>Next calculate evaporated milk</b>				
5 quarts	1 (12 oz) can = .75 quart	6 cans	- 4.5 quarts	½ quart
<b>It is not possible to provide the remaining ½ quart.</b>				

**Example 2: Tofu, Lactose Free/Lactose Reduced Milk and Cheese for a Pregnant Woman**

**Situation:**

A pregnant woman would like  
 1 lb. of cheese  
 4 lbs. tofu and  
 "the rest as lactose free" milk

**22 quarts** = the maximum allowed amount of milk for a pregnant woman.

**Cheese Substitution** = 1 pound of cheese for 3 quarts milk.

**Tofu** = 1:1 ratio = 1 lb. tofu for 1 quart fluid milk.

**Lactose Free Milk** = 1:1 ratio = 1 quart for 1 quart fluid milk.

**Calculate the amounts to be provided**

Quarts Milk Available for Substitution	Rate of Substitution of Milk	Amount to Substitute	Amount to Be Subtracted	Remaining Quarts of Milk
<b>Start with cheese</b>				
22 quarts	1 lb = 3 quarts	1 lb.	- 3 quarts	19 quarts
<b>Next calculate tofu</b>				
19 quarts	1 lb = 1 quart	4 lbs.	- 4 quarts	15 quarts
<b>Next calculate lactose free milk</b>				
15 quarts	1 qt = 1 quart	14 quarts	- 14 quarts	1 quart
<b>It is not possible to provide the remaining 1 quart.</b>				

**Summary**

The Milk portion of the food package would be:

- 1 lb. cheese
- 4 lbs. tofu
- 7 (1/2 gallon) containers of lactose-free/lactose-reduced milk