

WIC Food Swaps, Made Simple

You can swap some WIC foods for other options that may work better for you and your family.
Contact WIC for more information.

Milk

Swap milk:



1 tub yogurt (32 oz)



1 tofu (1lb)



Cheese
1lb (or 16 oz)

Juice

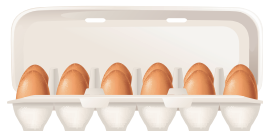
Swap juice:



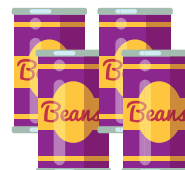
\$3 worth of fruits
& vegetables

Eggs

Swap eggs:



or



or



1 jar peanut
butter
(16–18 oz)

4 cans beans
(15–16 oz each)

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



HealthVermont.gov/WICFoodChanges