

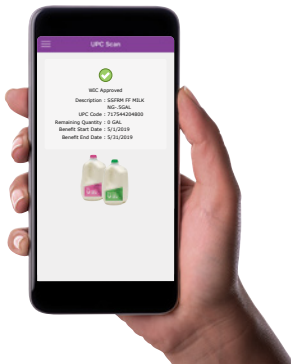
# Tips for Buying Lactose-Free Milk



## Fat Level

Buy only the fat level of lactose-free milk shown in your Food Balance.

- Example: Your Food Balance shows Lactose-free Milk – **Lowfat** (1%) and **Nonfat**. This means you can **buy only lowfat or nonfat/fat-free/skim** lactose-free milk.
- The WIC App shows if it is authorized and if it is approved for you.



## Package Size

Always buy lactose-free milk in half-gallons.

- It takes 2 smaller half-gallon containers to equal 1 large gallon container.
  - » Example: Your Food Balance shows 4 gallons and you want to buy 1 gallon.
  - » At the store, choose 2 half-gallon containers to equal 1 gallon.



California Department of Public Health,  
California WIC program

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