

Healthy Milk Choices

Starting with checks issued September 29, 2014, women and children 2–5 years old in all WIC agencies can buy **only 1% lowfat milk or nonfat (fat free, skim) milk**. You cannot buy 2% reduced fat milk.



1% lowfat and nonfat milk have:

Lots of flavor.
Lots of calcium, protein and vitamin D.
Less fat and calories.

“I’m glad to find out that lowfat and nonfat milk have the same nutrition as whole milk, because I thought they had water added. There is no water added. They just have some of the fat removed.” – WIC Mom

Great Tasting Ways to Use Lowfat and Nonfat Milk

Tips:

Mix lowfat or nonfat milk into scrambled eggs before cooking for extra fluffy eggs.



Use lowfat or nonfat milk in mashed potatoes and creamy sauces or soups.



Include lowfat or nonfat milk as a beverage at meals.



Use lowfat or nonfat milk in place of water when making hot cereals such as oatmeal.



Make a relaxing cup of hot chocolate with lowfat or nonfat milk.



Prepare your favorite pudding recipe using lowfat or nonfat milk and spoon over fresh fruit.



Ideas:

Make a delicious smoothie by blending:

- 1 cup lowfat or nonfat milk
- 1 banana
- 2 tablespoons peanut butter
- 1 teaspoon sugar or honey
- Ice cubes

Enjoy a quick and easy breakfast:

- Glass of lowfat or nonfat milk
- Toast topped with peanut butter
- Piece of fruit

Recipe:

“Custardy” Rice Pudding:

- 5 large eggs
- 3 1/4 cups lowfat or nonfat milk
- 1/3 cup brown sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 cup raisins
- 1 cup cooked brown rice

1. Beat eggs in large bowl until well mixed.
2. Mix in milk, brown sugar, cinnamon and nutmeg and stir until sugar is dissolved.
3. Add raisins and rice.
4. Pour into an 8-inch square pan.
5. Set pan into a 9 x 13 x 2-inch pan half filled with water.
6. Bake at 350 degrees for 1 hour, or until set. Serve warm or refrigerate.



Tip for Switching

To help change from one kind of milk to another, try mixing two milks (like 2% and 1%). Try this for a week before completely switching.

