

Milk Options for Children on Arkansas WIC

Children 12 - <24 months

- WIC offers whole cow's milk
- Lactose-free milk
 - Whole lactose-free cow's milk is available as an option to replace regular whole cow's milk. Caregivers do not have to ask the Health Care Provider or WIC; they buy it at the store in place of regular cow's milk with their WIC benefits.
- 2% milk
 - Children who are overweight or at risk of becoming overweight (as evidenced by growth charts indicating $\geq 97.7\%$ weight-for-length) may receive 2% milk with a written request from their Health Care Provider.
 - The request must include diagnosis of overweight or risk of becoming overweight, length of issuance, and allowed foods (may write "full food package allowed"). The request must be renewed after 6 months.
- Soy milk
 - Children under two years of age cannot receive soy milk but can receive soy infant formula with a request from their Health Care Provider.
 - The request must include diagnosis, length of issuance, and instructions regarding any food restrictions. Participant may keep cheese on food package or have it removed.
 - *Note: The fat content in soy milk is insufficient to meet the fatty acid requirements for brain and nervous system development in one-year-olds. Soy milk is lower in fat than 2% milk. Federal WIC regulations do not allow soy milk for one-year-olds due to low-fat content.*

Children two years and older

- WIC offers skim or 1% cow's milk
- Lactose-free milk
 - Skim and 1% lactose-free cow's milk is available as an option to replace regular skim and 1% cow's milk. Caregivers do not have to ask the Health Care Provider or WIC; they buy it at the store in place of regular cow's milk with their WIC benefits.
- 2% milk
 - Children with a qualifying risk factor, such as failure to thrive, may receive 2% milk with a written request from their Health Care Provider.
 - The request must include written diagnosis, length of request, and allowed foods (may write "full food package allowed"). The request must be renewed after 6 months.
- Whole milk
 - Children two years and older who are receiving special formula AND have a diagnosis of failure to thrive that supports the need for extra calories may be issued whole milk with a prescription from their Health Care Provider.
 - The request must include whole milk along with special formula on the request form. (Special formula may be tailored down to meet individual needs.)
- Soy milk
 - Soy milk is available as an option to replace regular whole cow's milk. Caregivers do not have to ask the Health Care Provider or WIC, they buy it at the store in place of regular cow's milk with their WIC benefits.

Note: The foods provided by WIC must meet nutrient requirements determined by the USDA. Rice milk, almond milk, and various plant-based beverages do not meet the federal nutrient requirements and are not available through WIC.