EGGS:

— Least-expensive brand
- Large, white eggs — dozen

NOT ALLOWED:
- Extra large, medium, small, brown, low-cholesterol or specialty eggs

PEANUT BUTTER:

Peanut butter must be printed on food instrument to be allowed.

— Any brand is allowed
- Creamy, crunchy or smooth — 16 - 18 oz. container

NOT ALLOWED:
- Flavorings, added ingredients or organic varieties

DRIED BEANS/PEAS:

— Any brand is allowed
- Any variety — 1 lb. package

NOT ALLOWED:
- Canned, fresh, frozen or mixed
- Added flavoring or soup mixes

CHEESE:

— Least-expensive brand in the category of the participant's choice.
- American, mild cheddar, medium cheddar, mozzarella (part skim) and Swiss — 8 or 16 oz.
- Block or sliced (not individually wrapped).
- Low-fat, fat-free, and low-sodium varieties are approved.

NOT ALLOWED:
- Cheese products, spreads, or foods; deli-purchased (sliced or weighed to order); individually wrapped; grated; or shredded

MILK:

Children younger than 2 years old must receive whole milk. Children 2 to 5 years old and women may only receive 1 percent or skim milk.

— Least-expensive brand

Homogenized:
- Whole, low-fat (1 percent) and/or fat-free (skim) — Gallon and quart

Lactose Free:
(Must be printed on food instrument)
- Lactose-free milk must be printed on food instrument to be allowed.
- Whole, low-fat (1 percent) and/or fat-free (skim) — Half gallon and quart

NOT ALLOWED:
- Flavored milk or buttermilk

SOY BEVERAGE:

Soy beverage must be printed on the food instrument to be allowed.

Brands: 8th Continent, Pacific Ultra, Silk or Great Value
- Half gallon or quart containers
- Original or vanilla flavor

TUNA FISH:

Tuna fish must be printed on the food instrument to be allowed.

— Any brand
- Light, dark or blended — 5-6 oz. can
- Dolphin safe and packed in water or oil

NOT ALLOWED:
- White, albacore, flavored, seasoned or packaged in foil or bags

PINK SALMON:

Pink salmon must be printed on the food instrument to be allowed.

Brands: Any brand
- 5-6 oz. can or pouch
- Regular or low sodium and packed in oil or water
- May contain bones or skin

NOT ALLOWED:
- Red or blue back
- Specialty or organic varieties

WHOLE GRAINS:

Only quantities and package sizes printed on food instrument are allowed.

— Least-expensive brand

BROWN RICE:
- 16 oz. bag/box

NOT ALLOWED:
- Instant, white, flavored, wild rice mixes or organic varieties

100% WHOLE WHEAT BREAD:
- 16 oz. (1 lb.) loaf

NOT ALLOWED:
- White, wheat blends, buns, rolls, bagels, frozen dough or organic varieties

TORTILLAS:
- 16 oz. package
- Corn or whole wheat

NOT ALLOWED:
- White flour tortillas or tostadas

WHOLE WHEAT PASTA:
- 16 oz. package

Manufacturer's coupons and any store promotions can be used with WIC food instruments, including free food (such as buy one get one free offers).

This institution is an equal opportunity provider.

WIC-22D Rev. 10/2017

This public document is published at a total cost of $11,262.18. 207,000 copies of this public document were published in this second printing at a cost of $13,272.00. This document was published by the Department of Health Office of Public Health to disseminate information underauthority of P.L. 95-627, Sec. 17 (b)(1). This material was printed in accordance with standards for state printing established in R.S. 43:31.

WIC LOUISIANA

FOOD LIST

Effective January 1, 2018

Louisiana Women, Infants and Children (WIC) Program

An Equal Opportunity Provider

LOUISIANA DEPARTMENT OF HEALTH
Public Health

2018-2019 LOUISIANA-AUTHORIZED FOOD-LIST BRANDS

When choosing whole-grain breads, brown rice, tortillas, breakfast cereals and non-citrus juices, use the list below to find the allowed brands. Louisiana WIC participants must select the least-expensive brand available for purchase at the store. Most Louisiana-authorized WIC stores have tags by the least expensive brands.

100% Whole-Wheat Bread, 16 oz. Only

Best Choice
Essential Everyday
IGA
Kroger
Merita
Mrs. Bairds
Nature's Own
Ozark Hearth
Sara Lee
Wonder

Brown Rice, 16 oz. Only

Best Choice
Brookshire's
Essential Everyday
Freedom's Choice
Great Value
Gulf Pacific
IGA
Kroger
Mahatma
Parade
Sarita
Shurfine
Signature Kitchens
Uncle Ben's
Winn Dixie/SE Grocers

Tortillas, 16 oz. Only

100% Whole-Wheat or Corn
Best Choice
Brookshire's
Celia's
Chi-Chi's
Essential Everyday
Great Value
Guerrero
IGA
Kroger
LaBanderita
Mission
Ortega
Shurfine
Tia Rosa
Tio Santi

Whole Wheat Pasta, 16 oz. Only

Albertsons O Organics
America's Choice
Essential Everyday
Full Circle
Great Value
Hodgson Mill
Kroger
Ronzoni

NON-CITRUS JUICES

Vegetable Juice, 64 oz. (48 oz. Where Indicated)

Best Choice
Brookshire's
Diane's Garden
Essential Everyday
Great Value
Kroger
Hy-Top
IGA
Parade (and 48 oz.)
Shurfine (48 oz. only)
Signature Kitchens
V-8
Winn Dixie/SE Grocers

Apple, 64 oz. (48 oz. Where Indicated)

Apple and Eve (and 48 oz.)
Best Choice
Brookshire's (and 48 oz.)
Essential Everyday
Freedom's Choice (only 48 oz.)
Great Value
Hy-Top (and 48 oz.)
IGA
Juicy Juice (and 48 oz.)
Kroger
Lucky Leaf
Mott's
Parade (and 48 oz.)
Seneca (and 48 oz.)
Sesame Street – Big Bird
Shurfine
Signature Kitchens
Tipton Grove
Winn Dixie/SE Grocers

Purple Grape, 64 oz. (48 oz. Where Indicated)

Always Save (and 48 oz.)
Best Choice
Brookshire's
Essential Everyday
Great Value
Hy-Top
IGA
Juicy Juice (and 48 oz.)
Kroger
Parade (and 48 oz.)
Signature Kitchens
Shurfine
Valu Time
Welch's (and 48 oz.)
Winn Dixie/SE Grocers

Cranberry Grape, 64 oz. (48 oz. Where Indicated)

Apple and Eve
Best Choice
Food Club
Great Value
Langers
Northland (and 48 oz.)
Signature Kitchens
Winn Dixie/SE Grocers

White Grape, 64 oz. (48 oz. Where Indicated)

Best Choice
Brookshire's
Essential Everyday
Great Value
Hy-Top
IGA
Juicy Juice
Kroger
Parade (and 48 oz.)
SE Grocers
Sesame Street- Grover
Shurfine
Signature Kitchens
Welch's
Winn Dixie/SE Grocers

Cranberry, 64 oz. (48 oz. Where Indicated)

Apple and Eve (and 48 oz.)
Best Choice
Essential Everyday
Great Value
Kroger
Northland (and 48 oz.)
Signature Kitchens
Shurfine
Winn Dixie/SE Grocers

Apple Frozen Concentrated, 11.5-12 oz.

Always Save
Best Choice
Essential Everyday
Fiesta
Food Club
Great Value
Hy-Top
IGA
Kroger
Parade
Shurfine Western
Tipton Grove
Welch's
Winn Dixie/SE Grocers

Purple Grape Frozen Concentrated, 11.5-12 oz.

Essential Everyday
Food Club
Kroger
Welch's
Winn Dixie/SE Grocers

White Grape Frozen Concentrated, 11.5-12 oz.

Welch's

BREAKFAST CEREALS

Crispy Rice, 12 oz. (18 oz. Where Indicated)

Best Choice
Essential Everyday
Foodtown
Great Value
Hy-Top
IGA
Kellogg's (and 18 oz.)
Kiggins
Kroger
Malt-O-Meal (and 18 oz.)
Market Basket (and 18 oz.)
Market Pantry
Parade
Shurfine
Signature Kitchens
Winn Dixie/SE Grocers

Frosted Shredded Wheat, 18 oz. Only

Best Choice
Brookshire's
Essential Everyday
Foodtown
Hy-Top
IGA
Kellogg's
Kroger
Malt-O-Meal
Signature Kitchens
Shurfine

Plain Shredded Wheat, 18 oz. Only

Essential Everyday
Kellogg's

Strawberry Frosted Shredded Wheat, 18 oz. Only

Essential Everyday
Malt-O-Meal

Corn Flakes, 18 oz. (12 oz. Where Indicated)

Best Choice
Brookshire's
Essential Everyday
Food Town
Hy-Top
IGA
Kellogg's (and 12 oz.)
Kiggins
Kroger
Malt-O-Meal
Parade
Shurfine
Signature Kitchens
Valutime
Winn Dixie/SE Grocers

Crispy Hexagons, 12 oz. (18 oz. Where Indicated)

Crispix (and 18 oz.)
Essential Everyday
Foodtown
IGA Crispy Corn and Rice
Market Basket Crispy Hexx

Toasted Oats, 12 oz. (18 oz. Where Indicated)

Cheerios (and 18 oz.)
Essential Everyday
Great Value (and 18 oz.)
Kroger
Shurfine
Signature Kitchens (and 18 oz.)
Winn Dixie/SE Grocers

Corn and Rice Squares, 12 oz. (18 oz. Where Indicated)

Essential Everyday
Food Club
General Mills (and 18 oz.)
Great Value
Winn Dixie/SE Grocers

Instant Oatmeal: Unflavored, Individual Packs; 11.5-12 oz. Only

Brookshire's
Essential Everyday
Hy-Top
Kroger
Market Basket
Parade
Piggly Wiggly
Quaker
Signature Kitchens
Shurfine
Winn Dixie/SE Grocers

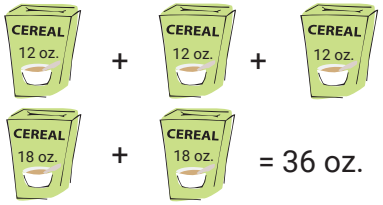
Instant Grits; Plain, Individual Packs; 12 oz. Only

Brookshires
Essential Everyday
Quaker
Shurfine
Winn Dixie/SE Grocers

Instructions

Check the WIC food instrument for descriptions of what foods and quantities are allowed. Compare the items you've selected to the foods listed within this brochure to ensure that only WIC-eligible items are purchased.
A person buying items with a WIC food instrument must do so with the WIC food instrument in-hand. No IOUs or other promises to pay are allowed.

Cereal Package Guide: Use this guide to choose package sizes to get up to 36 ounces of cereal.



WIC Infant Foods

INFANT CEREAL

— Least-expensive brand

- Dry and plain (not mixed with fruit) — 8 oz. package

NOT ALLOWED:

- Flavored cereal (with fruit, yogurt or formula) or individual servings

INFANT FORMULA

- Check the WIC food instrument for allowed quantity, size, brand and type. Formula must be iron fortified.

NOT ALLOWED: Any substitutions

INFANT FOODS

Brands: Beech-Nut Classics Stage 2 or 3, Beech-Nut Naturals Stage 1, 2, or 3, Gerber 2nd Foods or Baby Basics, Tippy Toes Stage 2

- Fruits and vegetables
- 4 oz. containers
- Single or mixed combinations are allowed
- Texture may range from strained through diced

NOT ALLOWED:

- Mixtures with cereal, added sugars, starches, salt, artificial sweeteners, DHA/ARA, omega-3 fats, prebiotics or probiotics
- Desserts, dinners or organic varieties

INFANT MEATS

Infant meats must be printed on the WIC food instrument to be allowed.
Brands: Beech-Nut Classics Stage 1, Gerber 2nd Foods or Baby Basics, Tippy Toes

- 2.5 oz. containers
- Beef, chicken, turkey or ham
- Single meats only (broth or gravy allowed)

NOT ALLOWED:

- Pasta or vegetable mixtures, organic varieties, added sugars, added salt, DHA/ARA omega-3 fats, prebiotics or probiotics

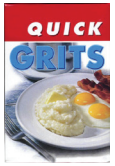
Cereals

BREAKFAST CEREALS

— The least-expensive approved brand is required for the following varieties of cereals in 11.5 - 12 oz. or 18 oz. options. The brand-specific varieties listed below may also be selected without checking for a less-expensive option.

*Indicates a whole grain cereal

- Crispy rice — 12 and 18 oz.
- Instant oatmeal*, plain — 11.5-12 oz.
- Quick cooking or instant plain grits — 12 oz.
- Corn flakes — 12 or 18 oz.
- Frosted shredded wheat* — 18 oz.
- Strawberry shredded wheat* — 18 oz.
- Plain shredded wheat* — 18 oz.
- Toasted Oats* — 12 and 18 oz.



Post

- Grape-Nuts Flakes* — 18 oz.
- Honey Bunches of Oats Whole Grain Honey Crunch* — 18 oz
- Honey Bunches of Oats Whole Grain with Vanilla Bunches* — 18 oz.

General Mills

- Corn Chex (gluten free) — 12 or 18 oz.
- Rice Chex (gluten free) — 12 or 18 oz.
- Kix* — 12 or 18 oz.
- Multi Grain Cheerios* — 12 or 18 oz.
- Cinnamon Chex* — 12 or 18 oz.

Kellogg's

- All Bran Complete Wheat Flakes* — 18 oz.
- Special K — 12 or 18 oz.

Juices. Fruits. Vegetables.

JUICES

Juices must contain a minimum of 120 percent of the recommended daily value of vitamin C.

— Least-expensive brand

Single strength

- 100% juice
- 48 oz. for women
- 64 oz. for children
- Orange, apple, grapefruit, pineapple, orange-mango, orange-pineapple, pineapple-mango, purple grape, white grape, cranberry, cranberry-grape or vegetable

Frozen concentrate for women only

- 100% juice
- 11.5-12 oz.
- Orange, apple, grapefruit, pineapple, pineapple-orange, purple grape or white grape

No added sugars

FRESH FRUITS & FRESH VEGETABLES ONLY

— Any brand/any variety

ALLOWED:

- Fresh, whole fruits or vegetables
- Fresh, pre-cut fruits or vegetables (e.g., bagged salad, pineapple in plastic container, etc.)

NOT ALLOWED:

- Canned, frozen or dried fruits and vegetables
- Bagged greens (e.g., lettuce, spinach, spring green mixes, etc.) that contain other ingredients, such as croutons or dressing
- Party trays or fruit baskets
- Decorative and ornamental fruits and vegetables (e.g., garlic on a string, gourds, etc.).
- Salad bar items
- Dried fruit and nut mixtures
- Nuts, including peanuts
- Herbs and spices

Buying, selling or otherwise misusing WIC benefits is a crime.
To report suspected abuse, call (800) 424-9121 or visit www.usda.gov/oig/hotline.htm.