



EFFECTIVE

FEB
2024

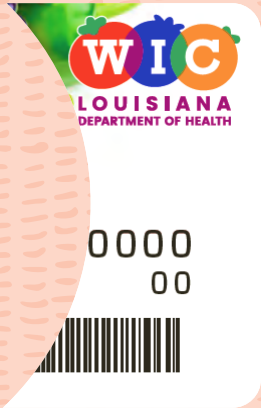


Program Guide

Information for Participants



WIC card
goes here >



Family I.D. Number:

Head of Household/Cardholder/Endorser Name

Additional Endorser

Proxy

Participant Name

Participant Name

Participant Name

Participant Name

Participant Name

Contact your WIC clinic when you change your address or phone number.



Table of Contents

Online Nutrition Education	5
What To Bring To Your WIC Appointment	6-7
WIC Apps	8-9
Infant Foods.....	10-11
Milk, Soy Beverage, Eggs & Cheese.....	12-13
Yogurt	14-17
Peanut Butter	18
Canned & Dried Beans/Peas	19
Canned Fish	20
Fruits & Vegetables	21
Whole Grains	22-29
Juice for Women	30-33
Juice for Children	34-39
Cold Cereal	40-45
Hot Cereal	46-47
How To Use Your WIC Benefits.....	48
At The Checkout	49
Don't Fall For The Trap	50-51

Online Nutrition Education

There is no limit to how often or how much you can learn. Log in anytime 24/7 from your computer, tablet or smart phone!



Over 20 lessons available in English and Spanish



How to get started:

- 1 Go to **wichealth.org** and create an account.
- 2 Choose and complete a lesson. Answer the survey to receive your certificate.
- 3 Receive credit from your local clinic.

Examples of lessons available:

- Eat Well For A Healthy Pregnancy
- Feeding Your Newborn
- Maximizing Food Dollars
- Solving Picky Eating
- Make Meals and Snacks Simple

Keep your scheduled WIC appointment for follow-up!

wichealth.org problems?

Try clicking the help tab on the top of the page to submit a message. All questions are answered within 24 hours.

What To Bring To Your WIC Appointment

 **Bring your ID and your EBT card to every WIC appointment.**

If the appointment is for certification or recertification, also bring all persons applying for WIC and all necessary paperwork as indicated below.

1 Proof of Identity (Examples):

- WIC EBT card
- State issued identification card
- Driver's license
- School identification
- Birth certificate
- Louisiana Medicaid card
- Passport
- Military identification

2 Proof of Identity for Child/Infant (Examples):

- Birth certificate
- Foster care/adoption papers
- Louisiana Medicaid card
- Immunization records
- Medical Records (Crib Card and/or Hospital ID Bracelet)

3 Proof of where you are currently living. This proof must include your name and address. (Examples):

- Utility bill
- Rent receipt
- Lease/Housing Agreement
- US Postal Service processed mail addressed to caregiver

4 Current Proof of Household Income for all people living in your house (Examples):

- Paystubs from job(s) (30 days most recent)
- Louisiana Medicaid Card
- Current unemployment check stub
- A statement of workman's compensation, social security or child support income
- Military Leave and Earning Statement (LES)
- Recent 1040 tax statement if self-employed

What to bring to the authorized WIC grocery store:

- WIC Program Guide
- WIC Benefit Balance
- WIC Shopping List
- WIC Card



WIC Apps

myWIC



With *myWIC Mosaic* you can schedule upcoming appointments, upload documents, view benefits, and much more.



Manage your appointments

Schedule, change, and view your appointments.



Current and future benefits

View your monthly benefits and track your purchases.



Tailored shopping experience

Use the shopping guide and scanner to get the most out of your benefits.



Guided certifications

Use a step-by-step process for uploading documents before your WIC appointment.



Pacify

Pacify

Louisiana WIC now offers free memberships to *Pacify* for unlimited video visits with breastfeeding experts!

Pacify also connects you directly to your local WIC clinic, right through the app!

- 24/7 breastfeeding support (even on nights and weekends!)
- Unlimited calls
- Services available in English & Spanish
- Answer time of 3 minutes or less



Infant Foods

Allowed



- Organic allowed in the brands below
- Single or blended fruit/vegetable combinations are allowed
- Texture may range from strained through diced

Not Allowed

- No mixtures of fruits/vegetables with cereals, added sugars, starches, salt, artificial sweetener

Infant Fruits and Vegetables

4 oz. container, multipacks allowed



Beech-Nut
Stage 1 and Stage 2,
Organic Stage 1 and Stage 2



Earth's Best Organic



Gerber
1st and 2nd Foods



Gerber Organic
1st Foods



Happy Baby Organics



O Organics
Stage 1 and 2



Parent's Choice



Tippy Toes



Wild Harvest

Infant Meats

2.5 oz. container, multipacks allowed



Beech-Nut
Stage 1



Earth's Best Organic



Gerber
2nd Foods



O Organics



Tippy Toes
Stage 2

Infant Cereal

8 oz. or 16 oz. container

Rice, Oatmeal, Multigrain



Beech-Nut



Earth's Best Organic



Gerber

Milk

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

Gallon, Half Gallon, and Quart

- Homogenized
- Fat content specified on shopping list
- Lactose-free or lactose reduced must be on the WIC shopping list to be allowed

Authorized Brands

- | | | | | |
|---|--|---|--|---|
| <ul style="list-style-type: none"> • Always Save • Best Choice • Best Yet • Borden Dairy • Coburn Farms • Dairy Belle • Essential Everyday | <ul style="list-style-type: none"> • Food Club • Fresh Harvest • Great Value • Hiland • IGA • Kirkland • Kleinpeter | <ul style="list-style-type: none"> • Kroger • Lucerne • Market Pantry • Oak Farms • Parade • Parmalat • Plains Dairy | <ul style="list-style-type: none"> • Poinsettia • Prairie Farms • Pure Value • Ralph's Market • Rouses • Save A Lot • SeGrocers | <ul style="list-style-type: none"> • Shoppers Value • Simple Truth • Springdale • Texas Blue Bonnet • That's Smart • Value Corner • Valutime |
|---|--|---|--|---|

Not Allowed

- Flavored milk or buttermilk

Soy Beverage

Soy beverage must be on the WIC shopping list to be allowed.

32 oz. or 64 oz.

Authorized Brands



8th Continent
Original and
Vanilla



Pacific Ultra
Original



Silk
Original and
Original Aseptic
(Shelf Stable)



Westsoy Organic
Original and
Vanilla

Eggs

Dozen

- Any size egg; white or brown
- Cage free and organic are acceptable



Authorized Brands

- | | | | |
|--|--|---|--|
| <ul style="list-style-type: none"> • Best Choice • Best Yet • Brookshires • Coburn Farms • Crystal Spring | <ul style="list-style-type: none"> • Essential Everyday • Food Club • Good Nature • Great Value • Hickman's | <ul style="list-style-type: none"> • IGA • Kroger • Lucerne • Market Pantry • Parade | <ul style="list-style-type: none"> • Rouses • Simple Truth • Sunny Meadow • Sunups |
|--|--|---|--|

Not Allowed

- Advertised as low cholesterol, lowfat, or specialty eggs

Cheese

8 or 16 oz.



- American, mild cheddar, medium cheddar, natural cheddar, mozzarella (part skim or whole), Swiss, pasteurized Processed American, colby, monterey jack, muenster, provolone
- Block, brick, or sliced (not individually wrapped)

Authorized Brands

- | | | | |
|---|--|--|---|
| <ul style="list-style-type: none"> • Best Choice • Best Yet • Brookshires • Coburn Farms • Crystal Farms • Essential Everyday | <ul style="list-style-type: none"> • Food Club • Freedoms Choice • Galbani • Great Lake • Great Value • Hy-Top | <ul style="list-style-type: none"> • IGA • Kraft • Kroger • Lucerne • Market Pantry • Parade | <ul style="list-style-type: none"> • Primo Taglio • Private Selection • Rouses • Sargento • SeGrocers • Tillamook |
|---|--|--|---|

Not Allowed

- Cheese products, spreads or foods, deli-purchased (sliced or weighed to order), individually wrapped, grated, or shredded

Yogurt

32 oz. Brands

- Non-fat, lowfat, and whole fat as stated on shopping list

Not Allowed

- Mix-in ingredients such as granola, candy pieces, honey, nuts, and similar ingredients

Non-fat and Lowfat

**Children 2-5 years old and women*



- Plain
- Strawberry
- Vanilla



- Plain
- Vanilla



- Plain
- Vanilla



- Plain
- Strawberry
- Vanilla



- Greek Plain
- Greek Strawberry
- Greek Vanilla
- Strawberry
- Vanilla



- Blueberry
- Greek Plain
- Greek Strawberry
- Greek Vanilla
- Peach
- Plain
- Strawberry
- Vanilla



- Greek Plain
- Peach
- Plain
- Strawberry
- Vanilla



- Greek Plain
- Greek Vanilla
- Peach
- Plain
- Strawberry
- Vanilla



- Greek Plain
- Greek Strawberry



- Greek Plain
- Greek Plain (Organic)
- Greek Vanilla
- Greek Vanilla (Organic)
- Plain (Organic)
- Vanilla



- Peach
- Plain
- Strawberry
- Strawberry-Banana
- Vanilla



- Plain
- Vanilla



- Greek Plain
- Greek Strawberry
- Greek Vanilla



- Greek Plain
- Greek Vanilla



- Greek Plain
- Greek Vanilla
- Plain
- Vanilla



- Plain
- Vanilla



- Greek Plain
- Greek Strawberry
- Greek Vanilla



- Greek Plain
- Greek Strawberry
- Greek Vanilla
- Plain
- Vanilla

Continued on next page. >



- Plain (nonfat/lowfat/whole milk probiotic/greek nonfat)
- Vanilla (nonfat/lowfat/whole milk probiotic)
- Strawberry (whole milk probiotic)

TWO GOOD

- Plain
- Vanilla

Winn/Dixie

- Greek Plain
- Plain
- Vanilla



- Blueberry
- Greek Plain
- Greek Vanilla
- Peach
- Strawberry
- Strawberry-Banana
- Strawberry/Berry
- Strawberry/Blueberry
- Vanilla
- Wild Berry Cotton Candy

Non-fat/Lowfat Multi Pack

NEW!

ACTIVIA

Activia &
Activia Light

**4 pack of 4 oz.
containers**

- Black Cherry
- Blueberry
- Blueberry/Blackberry
- Mango
- Mixed Berry
- Peach
- Pineapple/Coconut
- Prune
- Strawberry
- Strawberry/Banana
- Strawberry/Raspberry
- Vanilla



**16 pack of
2 oz. tubes**

- Banana/Raspberry
- Berry/Cherry
- Cotton Candy/Melon
- Redberry/Blue Raspberry
- Strawberry
- Strawberry/Cotton Candy
- Strawberry/Mixed Berry
- Strawberry/Watermelon



**8 pack of
2 oz. tubes**

- Cherry/Berry lowfat
- Strawberry lowfat

**16 pack of
2 oz. tubes**

- Strawberry/Mix Berry lowfat



Whole Fat

***Children under 2 years old**



- Plain
- Strawberry
- Vanilla



- Plain



- Plain



- Greek Plain
- Plain
- Vanilla



- Greek Plain
- Plain



- Plain



- Plain
- Strawberry
- Vanilla



- Greek Plain



- Greek Vanilla



- Plain
- Vanilla



- Plain



- Greek Plain
- Greek Vanilla
- Plain



How to buy beans and peanut butter. One item equals:



or



or



1 package of dry beans,
lentils or peas

4 cans
of beans

1 jar of
peanut butter

Peanut Butter

Any Brand

16-18 oz. container

- Creamy, crunchy, or smooth

Not Allowed

- Flavored or with other ingredients such as jelly or honey

Canned and Dried Beans/Peas

Canned Beans/Peas

15-16 oz. can

Any Brand

- | | | |
|-------------------|------------------|--------------------|
| • Baby Lima Beans | • Field Peas | • Navy Beans |
| • Black Beans | • Garbanzo Beans | • Pinto Beans |
| • Blackeye Peas | • Kidney Beans | • Purple Hull Peas |
| • Cannelini Beans | • Lentils | • Red Beans |
| • Crowder Peas | • Lima Beans | • White Beans |

Not Allowed

- Green Beans
- Wax Beans
- Sweet Peas

Dried Beans/Peas

Any Brand

16 oz. package

- Any variety



Not Allowed

- Beans with added seasonings or flavorings
- Bean soup mixes

Canned Fish

WIC Approved Fish must be on the WIC shopping list to be allowed.

Any Brand



Pink Salmon packed in oil or water

5 oz., 6 oz., 7.5 oz., or 14.75 oz. can or foil pouch



Tuna packed in oil or water

5 or 6 oz. can or foil pouch



Sardines packed in oil or water

3.75 oz. or 15 oz. can or pack



Fruits and Vegetables

Any Brand

- Fresh
- Frozen
- Canned (*Most Brands*)

Not Allowed

- 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
- Fruits with added sugars or canned in syrup

If the amount of the purchase is more than your allowance, you will need to pay the balance using a different form of payment.



Whole Grains

Only quantities and package sizes on your WIC shopping list are allowed.

100% Whole Wheat Bread

16 oz. package

Not Allowed

- White or wheat blends
- Frozen dough
- Rolls or bagels
- Organic varieties



Arnold



Best Choice



Best Yet



IGA



Kroger



- Nature's Own**
- Life 100% Whole Grain Sugar Free
 - 100% Whole Wheat with Honey



Ozark Hearth



Pepperidge Farm



Sara Lee



Shoppers Value



Wonder



***Only for women fully breastfeeding multiples**

100% Whole Wheat Bread

24 oz. package



Arnold

- Whole Grains 12 Grains



Essential Everyday



Oroweat



Pepperidge Farm



- Private Selection**
- 100% Whole Wheat Wide Pan
 - 100% Whole Wheat Sugar Free



Rouses



Signature Select

Tortillas

16 oz. package

- 100% corn or whole wheat

Not Allowed

- White flour tortillas or tostadas

Authorized Brands



Best Choice



Brookshire's



Celia's



Chi-Chi's



De Harina



Essential Everyday



Food Club



Great Value



Guerrero



IGA



Kroger



Mi Casa



Mission



Ortega



Tio Santi





Whole Wheat Pasta

16 oz. package

• Any variety

Authorized Brands



Barilla



Best Choice



Clearly Organic



Essential Everyday



Food Club



Full Circle



Great Value



Kroger



O Organics



Racconto



Ronzoni



Rouses



Signature Select



Simple Truth

Brown Rice

16 oz. bag/box

Not Allowed

- Instant, white, flavored, wild rice mixes
- Organic varieties

Authorized Brands



Ben's Original



Best Choice



Best Yet



Riceland



Rouses



Sarita



Brookshires



China Doll



Douget's



SE Grocers



Signature Select



Winn Dixie



Essential Everyday



Food Club



Freedom's Choice



Fresh Harvest



Gulf Pacific



IGA



Kroger



Mahatma



Parade



Juice For Women

11.5 – 12 oz. Frozen Concentrate

Allowed

- 100% juice
- Apple, cranberry, cranberry-apple, cranberry-raspberry, grapefruit, orange, pineapple, pineapple-orange, purple grape, and white grape

Not Allowed

- Added sugar



Always Save

- Apple
- Orange



Best Choice

- Apple
- Orange



Best Yet

- Apple
- Orange
- Purple or Red Grape



Clear Value

- Orange



Essential Everyday

- Apple
- Orange
- Purple or Red Grape



Food Club

- Apple
- Orange
- Purple or Red Grape



Great Value

- Apple
- Orange
- Purple or Red Grape



IGA

- Apple
- Orange



Kroger

- Apple
- Grapefruit
- Orange
- Pineapple
- Pineapple Orange
- Purple or Red Grape



Langers

- Apple
- Autumn Blend
- Grape
- Orange

- Pineapple
- Spring Blend
- Summer Blend
- Winter Blend

Continued on next page. >



Old Orchard

- Apple
- Apple Cherry
- Apple Peach Mango
- Apple Raspberry
- Apple Strawberry
- Apple Strawberry Banana
- Apple Strawberry Kiwi
- Berry Blend



SE Grocers

- Apple
- Grape
- Orange



Tipton Grove

- Apple
- Orange



Welch's

- Apple
- Purple or Red Grape
- White Grape



Seneca

- Apple



Tropicana

- Orange



Winn Dixie

- Orange



Signature Select

- Apple
- Orange



ValuTime

- Orange

- Pineapple
- Pineapple Banana Orange
- Pineapple Orange
- Purple or Red Grape
- Raspberry
- Strawberry Banana
- White Grape

48 oz. Plastic Bottles

Allowed

- 100% juice
- Apple, cranberry, cranberry-apple, cranberry-grape, cranberry-raspberry, grapefruit, orange, pineapple, pineapple-orange, purple grape, tomato, vegetable, and white grape

Not Allowed

- Added sugar



Apple & Eve

- Apple
- Cranberry
- Cranberry Apple
- Cranberry Raspberry



Essential Everyday

- Grapefruit
- Orange



Juicy Juice

- Apple
- Cherry
- Fruit Punch
- Kiwi Strawberry
- Purple or Red Grape



SE Grocers

- Apple
- Orange
- Pineapple
- Purple or Red Grape



Best Yet

- Apple
- Pineapple
- Vegetable
- White Grape



Food Club

- Apple
- Orange
- Pineapple
- Pineapple Orange



Northland

- Cranberry



Seneca

- Apple



Brookshires

- Apple
- Orange
- Pineapple
- Pineapple Orange



Freedom's Choice

- Apple
- Purple or Red Grape



Ruby Kist

- Apple
- Purple or Red Grape



Welch's

- Purple or Red Grape
- White Grape



Juice For Children

64 oz. Plastic Bottles

Allowed

- 100% juice
- Apple, cranberry, cranberry-apple, cranberry-grape, cranberry-raspberry, grapefruit, orange, pineapple, pineapple-orange, purple grape, tomato, vegetable, and white grape

Not Allowed

- Added sugar



Always Save

- Apple
- Purple or Red Grape



Apple & Eve

- Apple
- Cranberry
- Cranberry Apple
- Cranberry Grape
- Cranberry Raspberry



Best Choice

- Apple
- Grapefruit
- Pineapple
- Purple or Red Grape
- Tomato
- Vegetable
- White Grape



Best Yet

- Apple
- Cranberry
- Cranberry Grape
- Grapefruit
- Orange
- Pineapple
- Purple or Red Grape
- Vegetable
- White Grape



Brookshires

- Apple
- Orange
- Pineapple
- Purple or Red Grape
- Tomato
- Vegetable
- White Grape



Campbell's

- Tomato (Low Sodium)
- Tomato (Regular)



Essential Everyday

- Apple
- Cranberry
- Grapefruit
- Orange
- Pineapple
- Purple or Red Grape
- Tomato (Low Sodium)



Food Club

- Apple
- Orange
- Pineapple
- Purple or Red Grape
- Tomato
- Vegetable
- White Grape

Continued on next page. >



Great Value

- Apple
- Cranberry
- Cranberry Grape
- Grapefruit
- Orange
- Peach Grape
- Pineapple
- Pomegranate



IGA

- Apple
- Grapefruit
- Orange
- Pineapple
- Purple or Red Grape
- Vegetable
- White Grape



Juicy Juice

- Apple
- Apple Raspberry
- Berry
- Cherry
- Fruit Punch
- Kiwi Strawberry
- Mango
- Orange Tangerine



Kroger

- Apple
- Cranberry
- Cranberry Apple
- Grapefruit
- Pineapple
- Purple or Red Grape
- Vegetable (Low Sodium)
- Vegetable (Regular)
- White Grape



Langers

- Apple
- Apple Cranberry
- Apple Peach Mango
- Berry
- Berry Cherry
- Berry Raspberry
- Cranberry Acai
- Cranberry Grape

- Cranberry Raspberry
- Fruit Punch
- Grape (Red and White)
- Grapefruit
- Kiwi Strawberry
- Orange
- Orange Pineapple

- Pineapple
- Pineapple Orange
- Prune Juice
- Tomato
- Vegetable (Low Sodium)
- Vegetable (Regular)



Old Orchard

- Apple
- Apple Cranberry
- Berry Blend
- Black Cherry Cranberry
- Blueberry Pomegranate
- Cranberry Apple

- Cranberry Pomegranate
- Kiwi Strawberry
- Orange
- Peach Mango
- Purple or Red Grape
- Raspberry

- Strawberry Watermelon
- Super Fruit
- Tropical Fruit
- Wild Cherry
- White Grape



Mott's

- Apple
- Cranberry Apple



Northland

- Cranberry
- Cranberry Grape
- Cranberry Raspberry

Continued on next page. >



Rouses
• Apple



Ruby Kist
• Apple
• Grapefruit
• Orange
• Pineapple
• Purple or Red Grape
• Vegetable
• White Grape



SE Grocers
• Apple
• Cranberry
• Cranberry Grape
• Orange
• Purple or Red Grape
• Vegetable
• White Grape



V8
• Vegetable
(Low Sodium)
• Vegetable
(Regular)



Welch's
• Grape Cherry
• Grape Peach
• Purple or Red Grape
• Purple or Red Grape
(with calcium)
• White Grape



Seneca
• Apple



Sesame Street
• Apple
• White Grape



Signature Select
• Apple
• Cranberry
• Cranberry Grape
• Cranberry Raspberry
• Orange
• Pineapple
• Purple or Red Grape
• Tomato
• Vegetable
• White Grape



Tipton Grove
• Apple
• Cranberry
• Orange
• Pineapple
• Pomegranate

• Purple or Red Grape
• Vegetable
• White Grape



Valutime
• Purple or Red Grape



Cold Cereal

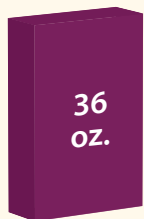


*Indicates
a whole
grain
cereal

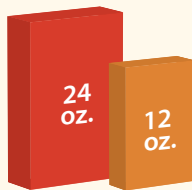
For a complete list of approved breakfast cereals, refer to the myWIC app or louisianawic.org

Follow the guide to obtain exactly 36 oz. of breakfast cereal.

Ways to Buy Up to 36 oz. of Cereal:



Totals 36 oz.



Totals 36 oz.



Totals 36 oz.



Totals 36 oz.

General Mills



Blueberry Chex
• 12 oz.



Berry Berry Kix*
• 18 oz.



Honey Kix*
• 18 oz.



Kix*
• 12 or 18 oz.

Kellogg's



All-Bran Complete Wheat Bran Flakes*
• 18 oz.



Kashi Honey Toasted
• 18 oz.



Kashi Warm Cinnamon
• 18 oz.



Special K
• 12 or 18 oz.

Post



Grape-Nuts Flakes*
• 18 oz.



Honey Bunches of Oats with Almonds*
• 18 oz.



Honey Bunches of Oats Honey Roasted*
• 12 or 18 oz.



Honey Bunches of Oats Vanilla Bunches
• 18 oz.

Continued on next page. >



Corn Flakes

18 oz.



- Best Choice
- Best Yet
- Brookshires
- Essential Everyday
- Food Club (and 12 oz.)
- Great Value (18 oz.)
- IGA
- Kellogg's (and 12, 24, and 36 oz.)

- Kiggins
- Kroger
- SE Grocers
- Signature Select
- Shoppers Value
- Valutime
- Winn Dixie

*Indicates
a whole
grain
cereal

Corn Squares (Corn Chex)

12 oz.



- Best Choice
- Essential Everyday
- Food Club
- General Mills (and 18 oz.)
- Great Value
- IGA
- Signature Select

Crispy Hexagons (Crispix)

12 oz.



- Best Choice
- Essential Everyday
- Food Club
- IGA
- Kellogg's (and 18 oz.)

Crisp Rice (Rice Krispies)

12 oz.



- Best Choice
- Best Yet (and 18 oz.)
- Brookshires
- Essential Everyday
- Food Club
- Great Value (24 oz.)
- IGA
- Kellogg's (and 18 and 24 oz.)
- Kiggins

- Kroger
- Malt O Meal (and 18 and 36 oz.)
- Market Basket (only 18 oz.)
- SE Grocers
- Signature Select
- That's Smart
- Valutime

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Frosted Mini Wheats*

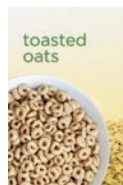
18 oz.



- Best Choice
- Best Yet
- Brookshires
- Essential Everyday
- Food Club
- IGA
- Kellogg's
(and 24 and 36 oz.)
- Malt O Meal
(and 36 oz.)
- SE Grocers

Toasted Oats* (Cheerios)

12 oz.



- Best Yet
- Essential Everyday
- Essentials
- Food Club
- General Mills – Cheerios
(and 18 oz.)
- General Mills – MultiGrain
Cheerios (and 18 oz.)
- IGA
- Kroger
- Signature Select

Frosted Mini Wheats Strawberry*

18 oz.



- Food Club
- Malt O Meal
(and 36 oz.)

Rice Squares (Rice Chex)

12 oz.



- Essential Everyday
- Food Club
- General Mills
(and 18 oz.)
- IGA
- Kroger
- SE Grocers



Hot Cereal

Plain Instant Oatmeal

11.8-12 oz. Individual Packets Only*

*Indicates
a whole
grain
cereal



Best Choice



Brookshires



Cream of Wheat



Essential Everyday



Food Club



Great Value



Kroger



Market Basket



Piggly Wiggly



SE Grocers



Signature Select



Winn Dixie

Plain Instant Grits

12 oz. Individual Packets Only



Best Choice



Brookshires



Cream of Rice



Essential Everyday



Food Club



Great Value



SE Grocers

Oats

18 oz. Canister



Brookshires
• Old Fashioned
• Quick Rolled



Full Circle Market
• Organic Quick Rolled



Quaker
• Old Fashioned
• Quick 1 Minute

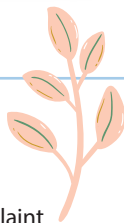
How To Use Your WIC Benefits

1. **Select a Louisiana WIC authorized store with the WIC Authorized Vendor door decal.**
2. **Choose the items you want to buy from your shopping list or receipt.**
 - You do not have to buy all the items on your shopping list at one time.
 - Foods can only be purchased in the valid month. Any remaining foods expire on the last day of the month.
 - You may use coupons or store customer cards when purchasing WIC foods.
 - Rain checks for out of stock items are not allowed.



If something happens to your card, call your local WIC clinic right away.

If you have problems using your benefits or have a complaint about a store, please visit the Compliments and Problems page at www.LouisianaWIC.org or call 504-568-8229.



At The Checkout



1. Before scanning any of the food, tell the cashier you are using a WIC card.
2. In most cases, you will insert your WIC Card in the Point of Sale (POS) machine and **leave your card inserted** until the cashier tells you to remove it.
3. Type in your PIN and press the enter button on the keypad. If you do not remember your PIN, do not attempt to guess your PIN. If you enter the wrong PIN too many times, your card will be locked.
4. Your WIC items will be printed on a "mid-receipt" for your review prior to pushing the button to approve the transaction.
5. If you are purchasing non-WIC approved items, use another form of payment such as Louisiana EBT, Credit or Debit Card, or cash. **ALWAYS USE YOUR WIC CARD PRIOR TO OTHER FORMS OF PAYMENT.**
6. The cashier will give you a receipt which shows your remaining benefit balance and the date benefits expire. Please keep all of your receipts.

Do not
write your
PIN on
your card.



Don't Fall For The Trap!

Buying, selling, or trading WIC benefits is **ILLEGAL!**
If you buy, sell, trade, or give away your WIC foods, you may:

Be charged with fraud; and/or

Repay in cash the value of the food/formula benefits; and/or

Lose your benefits from the WIC Program.

Absolutely no:

- * **TRADING**
- * **CASH**
- * **GARAGE SALES**
- * **facebook**
- * **ebay**
- * **craigslist**
- * **OTHER ONLINE MARKETPLACES**



Questions?

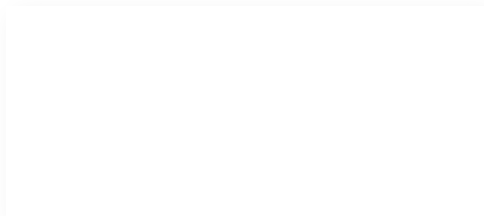
Just call **800-251-BABY (2229)** or contact your local WIC clinic.



Voter Registration Information:

If you believe someone has interfered with your right to register to vote or to decline to register to vote, your right to privacy in deciding whether to register or in applying to register to vote, or your right to choose your own political party or other political preference, you may file a complaint with the Louisiana Secretary of State, Commissioner of Elections, P.O. Box 94125, Baton Rouge, LA 70804-9125 or by calling (225) 922-0900 or 1-800-883-2805.

Contact your local WIC Agency at:



www.louisianawic.org

This institution is an equal opportunity provider.

The information in this booklet is subject to change.

Printing of this material was purchased in accordance with the provisions of Title 43 of the Louisiana Revised Statutes.

New WIC Foods – April 1, 2025

EFFECTIVE April 1, 2025



New

Starting April 1, 2025, **fresh cut herbs** can be purchased with **the Cash Value Benefit (CVB)**.

- Fresh herbs cut at the root or with the root intact will be allowed for purchase using your WIC EBT card.
- Spices, dried herbs, seeds and potted plants are *not allowed* for WIC redemption.

Common herbs allowed for purchase with the WIC CVB are listed below and include:

- Aloe Vera Leaves
- Basil
- Cilantro
- Dill
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme



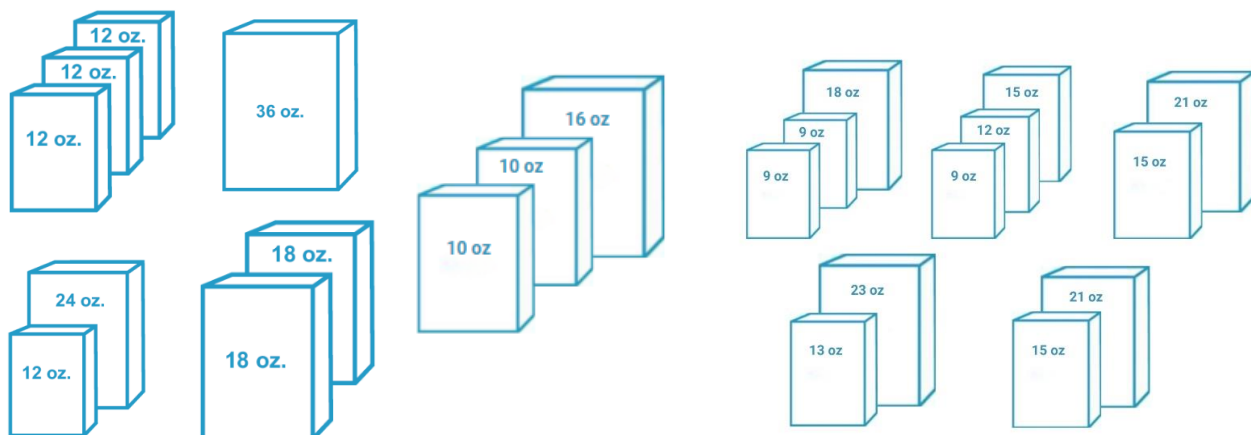
NEW CEREAL PACKAGE SIZES

More Variety for Cereals on LA WIC

Cereal manufacturers have slowly changed the package sizes of oatmeal and grits from 12 ounces to 10 ounces, reducing choice for cereal options.

In order to ensure a variety of cereals for our Louisiana WIC families, Louisiana WIC has added new package sizes to the approved product list (APL) and will continue to add brands in these new sizes that meet the WIC regulations.

Options for buying 36 ounces of cereal, as of 4/1/25



To learn more about WIC foods, contact your local clinic or visit our website, www.LouisianaWIC.org.