Information for Participants

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.

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.
Family I.D. Number:

__________________________

Head of Household/Cardholder/Endorser Name

__________________________

Additional Endorser

__________________________

Proxy

__________________________

Participant Name

__________________________

Participant Name

__________________________

Participant Name

__________________________

Participant Name

__________________________

Participant Name

__________________________

Participant Name

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

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 Infant Solid Foods
- Maximizing Food Dollars
- Milestones Matter: An Introduction
- 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

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 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.

**Authorized Brands Only**

**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

**Not Allowed**
- Flavored milk or buttermilk

Eggs

**Authorized Brands Only**

**Dozen**
- Large, white eggs

**Not Allowed**
- Other sizes, advertised as low cholesterol, lowfat, or specialty eggs

Cheese

**Authorized Brands Only**

**8 or 16 oz.**
- American, mild cheddar, medium cheddar, mozzarella (part skim), and Swiss
- Block or sliced (not individually wrapped)

**Not Allowed**
- Cheese products, spreads or foods, deli-purchased (sliced or weighed to order), individually wrapped, grated, or shredded

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

- [8th Continent](#)
- [Pacific Ultra](#)
- [Silk](#)
- [Westsoy Organic](#)
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

Best Choice

• Plain
• Strawberry
• Vanilla

Dannon

• Plain
• Strawberry
• Vanilla

Lucerne

• Plain
• Vanilla

Nestle

• Greek Plain
• Greek Strawberry

Oikos

• Greek Plain
• Greek Vanilla
• Greek Vanilla (Organic)
• Greek Vanilla (Plain (Organic))

Simple Truth

• Greek Plain
• Greek Vanilla
• Greek Vanilla (Organic)
• Greek Vanilla (Plain (Organic))
• Vanilla

Kroger

• Greek Plain
• Greek Vanilla
• Greek Vanilla (Organic)
• Plain

Market Pantry

• Plain
• Vanilla

Mountain High

• Plain
• Vanilla

Continued on next page. >
**Two Good**
- Plain
- Vanilla

**Winn Dixie**
- Greek Plain
- Plain
- Vanilla

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

**ACTIVIA**
*Activia & Activia Light*

**Whole Fat**
*Children under 2 years old*

**Non-fat/Lowfat Multi Pack**

**NEW!**

**16 pack of 2 oz. tubes**
- Black Cherry
- Blueberry
- Blueberry/Blackberry
- Mango
- Mixed Berry
- Peach
- Pineapple/Coconut
- Prune
- Strawberry
- Strawberry/Banana
- Strawberry/Raspberry
- Vanilla

**16 pack of 4 oz. containers**
- Plain
- Strawberry
- Vanilla

**DANNON**
- Plain
- Strawberry
- Vanilla
- Greek Plain
- Plain
- Greek Vanilla

**Great Value**
- Plain
- Strawberry
- Vanilla
- Greek Plain
- Plain
- Greek Vanilla

**Horizon**
- Plain
- Strawberry
- Vanilla
- Greek Plain
- Plain
- Greek Vanilla

**Lucerne**
- Plain
- Strawberry
- Vanilla
- Greek Plain
- Plain
- Greek Vanilla

**Mountain High**
- Greek Plain
- Greek Vanilla
- Plain

**OIKOS**
- Greek Plain
- Greek Vanilla
- Plain

**SE GROCERS**
- Greek Plain
- Greek Vanilla
- Plain
Peanut Butter

Peanut butter must be on the WIC shopping list to be allowed.

**Any Brand**

16 - 18 oz. container

- Creamy, crunchy or smooth

---

**Not Allowed**

- Flavored or with other ingredients such as jelly or honey

---

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
### Canned and Dried Beans/Peas

#### Canned Beans/Peas

<table>
<thead>
<tr>
<th>15-16 oz. can</th>
<th>Any Brand</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Baby Lima Beans</td>
</tr>
<tr>
<td></td>
<td>Black Beans</td>
</tr>
<tr>
<td></td>
<td>Blackeye Peas</td>
</tr>
<tr>
<td></td>
<td>Cannelini Beans</td>
</tr>
<tr>
<td></td>
<td>Crowder Peas</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Not Allowed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Beans</td>
</tr>
<tr>
<td>Wax Beans</td>
</tr>
<tr>
<td>Sweet Peas</td>
</tr>
</tbody>
</table>

#### Dried Beans/Peas

<table>
<thead>
<tr>
<th>Any Brand</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 oz. package</td>
</tr>
<tr>
<td>Any variety</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Not Allowed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans with added seasonings or flavorings</td>
</tr>
<tr>
<td>Bean soup mixes</td>
</tr>
</tbody>
</table>

### Fruits and Vegetables

<table>
<thead>
<tr>
<th>Any Brand</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh</td>
</tr>
<tr>
<td>Frozen</td>
</tr>
<tr>
<td>Canned (Most Brands)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Not Allowed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagged greens (e.g., lettuce, spinach, spring green mixes, etc.) that contain other ingredients, such as croutons or dressing</td>
</tr>
<tr>
<td>Party trays or fruit baskets</td>
</tr>
<tr>
<td>Decorative and ornamental fruits and vegetables (e.g., garlic on a string, gourds, etc.)</td>
</tr>
<tr>
<td>Salad bar items</td>
</tr>
<tr>
<td>Dried fruit and nut mixtures</td>
</tr>
<tr>
<td>Nuts including peanuts</td>
</tr>
<tr>
<td>Herbs and spices</td>
</tr>
<tr>
<td>Fruits with added sugars or canned in syrup</td>
</tr>
</tbody>
</table>

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

- Arnold
- Best Choice
- Best Yet
- IGA

- Kroger
- Nature’s Own
- Ozark Hearth
- Pepperidge Farm

- Sara Lee
- Shoppers Value
- Wonder

100% Whole Wheat Bread

24 oz. package

- Arnold
- Essential Everyday
- Oroweat
- Pepperidge Farm

- Private Selection
- Rouses
- Signature Select

Not Allowed

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

*Only for women fully breastfeeding multiples*
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
Luigi Vitelli

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
Brookshires     China Doll    Douget’s
Essential Everyday Food Club Freedom’s Choice

Fresh Harvest    Guilt Pacific    IGA
Kroger           Mahatma        Parade
Riceland         Rouses         Sarita
SE Grocers       Signature Select Winn Dixie
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

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

Seneca
- Apple

Signature Select
- Apple
- Orange

Tipton Grove
- Apple
- Orange

Tropicana
- Orange

ValuTime
- Orange

Welch's
- Apple
- Purple or Red Grape
- White Grape

Winn Dixie
- Orange

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

Best Yet
- Apple
- Pineapple
- Vegetable
- White Grape

Brookshires
- Apple
- Orange
- Pineapple
- Pineapple Orange

Essential Everyday
- Grapefruit
- Orange

Food Club
- Apple
- Orange
- Pineapple
- Pineapple Orange

Freedom's Choice
- Apple
- Purple or Red Grape

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

Northland
- Cranberry

Ruby Kist
- Apple
- Purple or Red Grape

SE Grocers
- Apple
- Orange
- Pineapple
- Purple or Red Grape

Seneca
- Apple

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)
- Vegetable (Low Sodium)
- White Grape

**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
- Purple or Red Grape
- Tomato
- Vegetable (Low Sodium)
- Vegetable (Regular)
- White Grape

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
- Peach Apple
- Purple or Red Grape
- Strawberry Mango
- Strawberry Watermelon
- Tropical
- White Grape

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
- Cherry
- Cranberry
- Cranberry Acai
- Cranberry Grape
- Cranberry Raspberry
- Grape (Red and White)
- Grapefruit
- Kiwi Strawberry
- Orange
- Orange Pineapple

Mott’s
- Apple
- Cranberry Apple

Northland
- Cranberry
- Cranberry Grape
- Cranberry Raspberry

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

Continued on next page. >
Cold Cereal

Only buy brands, types, and package sizes listed.

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

Ways to Buy Up to 36 oz. of Cereal:

- Blueberry Chex: 12 oz.
- Berry Berry Kix*: 18 oz.
- Honey Kix*: 18 oz.
- Kix*: 12 or 18 oz.
- All-Bran Complete Wheat Bran Flakes*: 18 oz.
- Special K: 12 or 18 oz.
- 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.

*Indicates a whole grain cereal

Continued on next page.
Corn Flakes

18 oz.

• Best Choice
• Best Yet
• Brookshires
• Essential Everyday
• Food Club (and 12 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
• 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

Continued on next page. >
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

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

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
Hot Cereal

Plain Instant Oatmeal

11.8-12 oz. Individual Packets Only*

- Brookshires
- Cream of Wheat
- Essential Everyday
- Food Club
- Great Value
- Kroger
- Market Basket
- Piggly Wiggly
- SE Grocers
- Signature Select
- Winn Dixie

*Indicates a whole grain cereal

Plain Instant Grits

12 oz. Individual Packets Only

- 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 an 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.
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.

Questions?
Just call 800-424-9121 or contact your local WIC clinic.

Don’t Fall For The Trap!
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

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