Bring your ID and your WIC folder or 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):**
   - 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

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
- ✓ eWIC Benefit Balance
- ✓ eWIC Shopping List
- ✓ eWIC Card

**FAMILY I.D. NUMBER:**

---

Head of Household/Cardholder/Endorser Name

Additional Endorser

Proxy

---

Participant Name

Participant Name

Participant Name

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

**ONLINE NUTRITION EDUCATION**

INFANT FOODS, MILK, SOY BEVERAGE, EGGS & CHEESE

YOGURT

FRUITS & VEGETABLES, PEANUT BUTTER, CANNED FISH & BEANS

WHOLE GRAINS
Bring your ID and your WIC folder or 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.

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 – Spend Less!
- Preparing for a Healthy Pregnancy
- Starting Your Infant on Solid Foods
- Make Meals and Snacks Simple
- Secrets For Feeding Picky Eaters

KEEP YOUR SCHEDULED WIC APPOINTMENT FOR FOLLOW-UP!
wichealth.org
Try clicking the help tab on the top of the page to submit a message. All questions are answered within 24 hours.

DOWNLOAD THE WIC SHOPPER APP
The free WIC Shopper app lets you review available food benefits, scan products to identify WIC allowed foods, find WIC clinics and WIC-approved stores and view recipes on your smartphone.

WATCH VIDEOS ON USING BENEFITS

SCAN UPC CODES WHILE SHOPPING TO SEE IF THE ITEM IS WIC APPROVED

USE CAPTURE BENEFITS TO TAKE A PICTURE OF YOUR RECEIPT

FIND WIC APPROVED STORES AND FOODS

ONLINE NUTRITION EDUCATION
INFANT FOODS, MILK, SOY BEVERAGE, EGGS & CHEESE
YOGURT
FRUITS & VEGETABLES, PEANUT BUTTER, CANNED FISH & BEANS
WHOLE GRAINS
**INFANT FOODS**

**Authorized Brands Below**
- Organic allowed in the brands below
- Single or mixed 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 or 2 pack of 4 oz. containers
- Beech-Nut Stage 1 and Stage 2, Organic Stage 1 and Stage 2
- Earth's Best Organic
- Gerber 1st Foods Organic
- Gerber 1st and 2nd Foods
- Happy Baby Organic
- Parent's Choice
- Tippy Toes
- Wild Harvest

**INFANT MEATS**
- 2.5 oz. container
- Beech-Nut Stage 1
- Earth's Best Organic
- Gerber 2nd Foods
- Tippy Toes Stage 2

**INFANT CEREAL**
- 8 oz. container
- Rice, Oatmeal, Multigrain
- Beech-Nut
- Earth's Best
- 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.

**Least expensive brand**
- Gallon and Quart
- Homogenized
- Fat content specified on shopping list
- Lactose-free or lactose reduced must be on the eWIC shopping list to be allowed

**Not allowed**
- Flavored milk or buttermilk

**SOY BEVERAGE**
Soy beverage must be on the eWIC shopping list to be allowed.
- 32 oz. or 64 oz.

**Brands:**
- 8th Continent - Original and Vanilla
- Pacific Ultra - Original
- Silk - Original
- Silk - Original Aseptic (Shelf Stable)
- Westsoy Organic - Original and Vanilla

**CHEESE**

**Least expensive brand**
- American, mild cheddar, medium cheddar, mozzarella (part skim) and Swiss – 8 or 16 oz.
- 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

**EGGS**

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

**Not allowed**
- Other sizes, advertised as low cholesterol, lowfat or specialty eggs
### YOGURT

32 oz. Only — Non-fat, lowfat and whole fat

#### Whole Fat

- **Dannon**
  - Plain
  - Strawberry
  - Vanilla
- **Food Club**
  - Greek Vanilla
- **Lucerne Dairy Farms**
  - Plain
- **Kroger**
  - Plain
  - Vanilla
- **Mountain High**
  - Plain
  - Strawberry
  - Vanilla
- **Southeastern Grocers**
  - Greek Plain
  - Greek Vanilla
  - Plain

#### Non-fat and Lowfat

- **Best Choice**
  - Plain
  - Strawberry
  - Vanilla
- **Light & Fit**
  - Greek Plain
  - Greek Vanilla
  - Strawberry
  - Vanilla
- **Food Club**
  - Greek Plain
  - Peach
  - Plain
  - Strawberry
  - Vanilla
- **Great Value**
  - Peach
  - Plain
  - Strawberry
  - Strawberry-Banana
  - Vanilla
- **Lucerne Dairy Farms**
  - Greek Plain
  - Greek Vanilla
  - Peach
  - Plain
  - Strawberry
  - Vanilla
- **Mountain High**
  - Plain
  - Vanilla
- **Nestlé**
  - Greek Plain
  - Greek Strawberry
- **Oikos**
  - Greek Plain
  - Greek Strawberry
  - Greek Vanilla

#### Not allowed
- Mix-in ingredients such as granola, candy pieces, honey, nuts, and similar ingredients.

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**FRUITS & VEGETABLES, PEANUT BUTTER, CANNED FISH & BEANS**

**WHOLE GRAINS**
**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

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

---

**PEANUT BUTTER**

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

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

**Not allowed**
- Flavored or with other ingredients such as jelly or honey

---

**CANNED FISH**

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

**Any brand**
- Tuna packed in oil or water — 5 or 6 oz. can or foil pouch
- Pink Salmon packed in oil or water — 5 oz., 6 oz., 7.5 oz. or 14.75 oz. can or foil pouch
- Sardines packed in oil or water — 3.75 oz. or 15 oz. can or pack

---

**DRIED BEANS/PEAS**

**Any brand**
- Any variety — 16 oz. package

**Not allowed**
- Beans with added seasonings or flavorings
- Bean soup mixes

**CANNED BEANS**

**Any brand listed below**
15-16 oz. can

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

**Not allowed**
- Green Beans
- Wax Beans
**100% Whole Wheat Bread**
Only quantities and package sizes on your eWIC shopping list are allowed.

- 16 oz. package
  - Best Choice
  - Best Yet
  - IGA
  - Kroger
  - Nature's Own Life Whole Grain Wheat Sugar Free
  - Nature's Own 100% Whole Wheat with Honey
  - Ozark Hearth
  - Pepperidge Farm
  - Sara Lee
  - Shoppers Value
  - Wonder

- 24 oz. package
  - Essential Everyday
  - Market Pantry
  - Oroweat
  - Pepperidge Farm
  - Private Selection 100% Whole Wheat Wide Pan Bread
  - Private Selection 100% Whole Wheat Sugar Free Bread
  - Rouses
  - Signature Select

**Not allowed**
- Instant, white, flavored, wild rice mixes or organic varieties

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**Brown Rice**
Authorized Brands Below
16 oz. bag/box

- Best Choice
- Best Yet
- Brookshires
- Essential Everyday
- Food Club
- Freedom's Choice
- Gulf Pacific

- IGA
- Kroger
- Mahatma
- Market Pantry
- Parade
- Rouses
- Sarita

**Not allowed**
- SE Grocers
- Shurfine
- Signature Select
- Uncle Ben's
- Winn Dixie

---

**Whole Wheat Pasta**
Any Variety
Authorized Brands Below
16 oz. package

- Barilla
- Best Choice
- Essential Everyday
- Full Circle

- Food Club
- Great Value
- Kroger
- O Organics

- Racconto
- Ronzoni
- Signature Select
- Simple Truth

---

**Tortillas**
Authorized Brands Below
16 oz. package

- 100% corn or whole wheat

**Not allowed**
- White flour tortillas or tostadas
**JUICE**

**Single strength**
- 100% juice
- 48 oz. for women
- 64 oz. for children
- Apple, cranberry, cranberry-apple, cranberry-grape, cranberry-raspberry, grapefruit, orange, pineapple, pineapple-orange, purple grape, tomato, vegetable and white grape.

**Frozen concentrate (for women only)**
- 100% juice
- 11.5-12 oz.
- Apple, cranberry, cranberry-apple, cranberry-raspberry, grapefruit, orange, pineapple, pineapple-orange, purple grape and white grape.

**Not allowed**
- Added Sugar

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**11.5-12 OZ. FROZEN CANS**

- **Always Save**
  - Apple
  - Orange

- **Essential Everyday**
  - Apple
  - Orange
  - Purple or Red Grape

- **IGA**
  - Apple
  - Orange

- **Best Choice**
  - Apple
  - Orange

- **Food Club**
  - Apple
  - Orange
  - Purple or Red Grape

- **Great Value**
  - Apple
  - Orange
  - Purple or Red Grape

- **Market Pantry**
  - Apple
  - Orange
  - Purple or Red Grape

- **Best Yet**
  - Apple
  - Orange
  - Purple or Red Grape

- **Clear Value**
  - Orange

---

**64 OZ. BOTTLES**

- **Old Orchard**
  - Apple
  - Cranberry
  - Cranberry Apple
  - Cranberry Raspberry
  - Orange
  - Pineapple
  - Pineapple Orange
  - Purple or Red Grape
  - White Grape

- **Shurfine**
  - Orange

- **Signature Select**
  - Apple
  - Orange

- **Tipton Grove**
  - Apple
  - Orange

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

- **Apple & Eve**
  - Apple (and 48 oz.)
  - Cranberry (and 48 oz.)
  - Cranberry Apple (and 48 oz.)
  - Cranberry Grape
  - Cranberry Raspberry (and 48 oz.)

- **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

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**BREAKFAST CEREALS**

**HOW TO USE YOUR eWIC BENEFITS**

**REMINDEERS**
# 64 OZ. BOTTLES (CONTINUED)

## Brookshires
- Apple (and 48 oz.)
- Orange (and 48 oz.)
- Pineapple (and 48 oz.)
- Pineapple Orange (48 oz. only)
- Purple or Red Grape
- Tomato
- Vegetable
- White Grape

## Essential Everyday
- Apple
- Cranberry
- Grapefruit
- Orange
- Pineapple
- Purple or Red Grape
- Tomato – Low Sodium
- Tomato – Regular
- Vegetable – Low Sodium
- Vegetable – Regular
- White Grape

## Freedom’s Choice
- Apple (48 oz. only)
- Purple or Red Grape (48 oz. only)

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

## Kroger
- Apple
- Cranberry
- Cranberry Apple
- Grapefruit
- Pineapple
- Purple or Red Grape
- Vegetable – Low Sodium
- Vegetable – Regular
- White Grape

## Juicy Juice
- Apple (and 48 oz.)
- Orange Tangerine
- Purple or Red Grape (and 48 oz.)
- White Grape

## Market Pantry
- Apple
- White Grape

## Mott’s
- Apple
- Cranberry Apple

## Northland
- Cranberry Grape
- Cranberry Raspberry

## Old Orchard
- Apple
- Cranberry Apple
- Orange
- Purple or Red Grape

## RUBY KIST
- Apple (and 48 oz.)
- Grapefruit
- Orange
- Pineapple
- Purple or Red Grape (and 48 oz.)
- Vegetable
- White Grape

## Seneca
- Apple

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

## SE Grocers
- Apple (and 48 oz.)
- Cranberry
- Cranberry Grape
- Grapefruit
- Orange (and 48 oz.)
- Pineapple (48 oz. only)
- Purple or Red Grape (and 48 oz.)
- Vegetable
- White Grape

## Shurfine
- Apple (and 48 oz.)
- Orange
- Purple or Red Grape
- White Grape

## Tipton Grove
- Apple
- Orange
- Pineapple
- Purple or Red Grape
- Vegetable
- White Grape

## Welch’s
- Purple or Red Grape (and 48 oz.)
- Purple or Red Grape (with calcium)
- White Grape (and 48 oz.)
BREAKFAST CEREAL

Only buy brands, types and package sizes listed. Follow the guide to obtain exactly 36 oz of breakfast cereal.

GENERAL MILLS
- Berry Berry Kix* (18 oz)
- Honey Kix* (18 oz)
- KiX* (12 or 18 oz)
- Blueberry Chex (12 oz)
- All-Bran Complete Wheat Bran Flakes* (18 oz)
- Special K (12 or 18 oz)

KELLOGG'S
- 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)

WAYS TO BUY UP TO 36 OZ OF CEREAL

HOT CEREAL

Instant Oatmeal, Plain, Individual Packets*
11.8-12 oz. only
- Brookshires
- Essential Everyday
- Food Club
- General Mills - Cheerios (18 oz)
- General Mills - MultiGrain Cheerios (16 oz)
- IGA
- Kroger
- Shurfine
- Signature Select
- Winn Dixie
- Quaker
- SE Grocers
- Signature Select

Crispy Hexagons (Crispix)
12 oz.
- Essential Everyday
- Food Club
- General Mills (and 18 oz)
- IGA
- Kroger
- Kellogg's (and 18 oz)
HOW TO USE YOUR eWIC 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 receipt.
   - You do not have to buy all the items on your shopping list.
   - 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 504-568-8229 or your local WIC clinic right away.

If you have problems using your benefits, or have a complaint about a store please contact LAWICVendor@la.gov or 504-568-8229.

AT THE CHECKOUT

1. Before scanning any of the food, tell the cashier you are using an eWIC card.

2. In most cases, you will insert your eWIC 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 eWIC 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.
REMINDE RS

WIC food benefits are provided for the sole consumption of the enrolled participant. WIC staff and participants are expected to work together and treat each other with courtesy and respect.

Please DO NOT:

• Verbally or physically abuse store employees, WIC Clinic staff or others in the WIC clinic
• Give away, sell or attempt to sell WIC food benefits or EBT card, or allow someone else to do so
• Purposely misrepresent your circumstances to obtain WIC benefits
• Participate in the WIC Program at more than one WIC site during the same time or month in any area of the United States
• Return WIC foods for cash, credit or non-WIC items

These are considered violations and could result in:

• WIC disqualification
• A bill for the full cash value of benefits improperly used
• Prosecution under local, state or federal laws

Keep your receipts in this pocket!

• Handle your WIC benefits carefully. Treat them like cash.
• Contact your local WIC clinic if any changes are needed to your food package.
• After all benefits are used, save your eWIC card! Your next benefits will be purchased with the same eWIC card.

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.
Contact your local WIC Agency at:

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.

This institution is an equal opportunity provider.
The information in this booklet is subject to change.

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New WIC Foods and Changes

EFFECTIVE JANUARY 1, 2022
New WIC Foods and Changes

The WIC food list is changing **January 1, 2022**. Many of the items will remain the same, but some are changing. Here are the main changes to look for to make shopping easier.

**SHOPPING TIP**

Use your shopping list, grocery receipts, the new WIC Program Guide, and the WIC Shopper App or Bnft App to help you!

[Download WIC Apps from the App Store or Google Play.]

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**Important Changes**

**Least Expensive Brands**

WIC participants will no longer have to choose the *Least Expensive Brand* for milk, cheese and eggs. Choose from brands listed on the WIC Shopper App or Bnft App.

**Changes To Milk Purchases – New Half-Gallon Size**

Beginning January 1, 2022, you can purchase milk in gallon, half-gallon, and quart sizes.
# YOGURT CHANGES

A variety of NEW ways to redeem your yogurt benefit!

## Authorized Brands

<table>
<thead>
<tr>
<th>Yoplait Go-Gurt</th>
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<tbody>
<tr>
<td>• 2oz -16ea Squeeze Tubes</td>
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</tbody>
</table>

## Yoplait Greek

- Yoplait Greek Yogurt Plain (32oz)
- Yoplait Greek Yogurt Vanilla (32oz)

## Yoplait Kid

- Yoplait Low Fat Yogurt Straw Banana Reduced Sugar (32oz)
- Yoplait Low Fat Yogurt Strawberry / Berry (32oz)
- Yoplait Low Fat Yogurt Strawberry / Blueberry (32oz)
- Yoplait Low Fat Yogurt Strawberry / Cotton Candy (32oz)
- Yoplait Low Fat Yogurt Strawberry Banana (32oz)
- Yoplait Low Fat Yogurt Wild Berry Cotton Candy (32oz)
- Yoplait Trix Low Fat Yogurt Straw Banana / Raspberry (32oz)

## Activia & Activia Light

- 4oz – 4 pack cups

## Two Good

- Two Good Plain Yogurt (32oz)
- Two Good Vanilla Yogurt (32oz)

**Discontinued Brand**

- Shurfine Non-fat and Low-fat Yogurt

## NEW FRUIT JUICE CHOICES

New WIC APPROVED Juice Brands and flavors!

- Best Choice*New Flavors*
- Freedoms Choice*New Flavors*
- Juicy Juice*New Flavors*
- Langers *New Brand*
- Motts*New Flavors*
- Old Orchard*New Flavors*
- Rouses *New Brand*
- Welch’s *New Flavors*

**Discontinued Brand**

- Shurfine Bottled and Frozen Juice

## NEW CEREAL CHOICES

New WIC APPROVED Cereal and flavors!

- Best Choice (Wheat Flakes, Corn Flakes and Hot Cereal)
- Cream of Rice * New Brand*
- Cream of Wheat *New Brand*
- Sesame Street Berry (Cereal)
- Sesame Street Cinnamon (Cereal)
- That’s Smart (Rice Crisp)

**Discontinued Brand**

- Shurfine Instant Grits and Some Cereals
# NEW WHOLE GRAINS BRANDS

**Authorized Brands**

<table>
<thead>
<tr>
<th>Tortilla 16oz</th>
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<td>• De Harina</td>
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<table>
<thead>
<tr>
<th>Whole Wheat Pasta 16oz</th>
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</thead>
<tbody>
<tr>
<td>• Clearly Organic</td>
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<tr>
<td>• Luigi Vitelli</td>
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<tr>
<td>• Rouses</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Brown Rice 16oz</th>
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</thead>
<tbody>
<tr>
<td>• Ben’s Brown Rice</td>
</tr>
<tr>
<td>• China Doll</td>
</tr>
<tr>
<td>• Douget’s</td>
</tr>
<tr>
<td>• Fresh Harvest</td>
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<tr>
<td>• Riceland</td>
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</tbody>
</table>

**Discontinued Brand**

Shurfine Brown Rice

# NEW INFANT FOODS

- Gerber Whole Wheat Infant Cereal (8oz)
- O Organics *New Brand*
- Plum Organics *New Brand*
To learn more about WIC foods contact your local clinic or visit our website, www.LouisianaWIC.org.