#### 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, low sodium or low sugar — 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 Reduced/Lactose Free:

(Must be printed on food instrument)

- ▶ Lactose-reduced or 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



Rutter

Chee:

Cheese

Milk

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

#### - Any brand

**TUNA FISH:** 

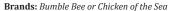
- ▶ Light, dark or blended 5-6 oz. can
- Dolphin safe and packed in water or oil

#### **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.



- ▶ 5-6 oz. can
- ▶ 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



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.

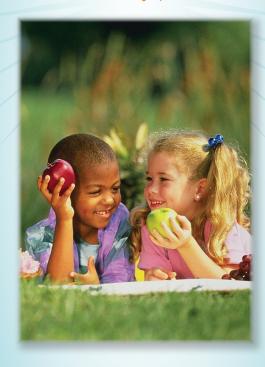
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Salmon

# **WIC Program Food List**

**Effective July 1. 2015** 



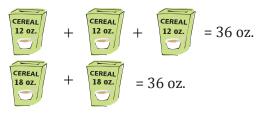
**Louisiana Women, Infants** and Children (WIC) Program

An Equal Opportunity Provider



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. box

#### **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, Stage 2 or Stage 2 1/2, Gerber 2nd Foods or Baby Basics

- ▶ 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, Stage 1, Gerber 2nd Foods or Baby Basics

- 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

#### **BREAKFAST CEREALS**

18 oz. options. The brand-specific varieties listed 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 18 oz.
- ▶ Frosted shredded wheat\* 18 oz.
- ▶ Strawberry shredded wheat\* 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.

### Malt-O-Meal (in Bag or Box)

- ▶ Oat Blenders with Honey 18 oz.
- ▶ Oat Blenders with Honey and Almonds 18 oz.





#### General Mills

- ▶ Corn Chex (gluten free) — 12 or 18 oz.
- ▶ Rice Chex (gluten free) - 12 or 18 oz.
- ▶ Dora the Explorer 18 oz.
- ▶ Kix\* 12 or 18 oz.
- ▶ Cheerios\* 12 or 18 oz.

#### Kellogg's

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





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





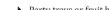












- Decorative and ornamental fruits and vegetables (e.g., garlic on a string, gourds, etc.).
- Dried fruit and nut mixtures
- Herbs and spices









# **FRESH FRUITS & FRESH**

**VEGETABLES ONLY** - Any brand/any variety

#### **ALLOWED:**

**JUICES** 

Single strength

▶ 100% juice

▶ 100% juice

▶ 11.5-12 oz.

No added sugars

- Least-expensive brand

▶ 48 oz. for women

▶ 64 oz. for children

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

**Juices. Fruits. Vegetables.** 

Juices must contain a minimum of 120 percent of the

recommended daily value of vitamin C.

Orange, apple, grapefruit, pineapple,

orange-mango, orange-pineapple,

pineapple-mango, purple grape,

cranberry-grape or vegetable

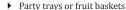
 Orange, apple, grapefruit, pineapple, purple grape or white grape

white grape, cranberry,

Frozen concentrate for women only

#### **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



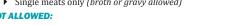
- Salad bar items
- ▶ Nuts, including peanuts



**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.



#### 2015-2017 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

Best Yet

Essential Everyday

Grissom's Mill

Kroger

Mrs. Bairds

Nature's Own

Parade

Roman Meal

Sara Lee

Shur Fresh

Sungrain

Wonder

#### **Brown Rice, 16 oz. Only**

Best Choice

Best Yet

Blue Ribbon

Brookshire's

Cajun Country

Essential Everyday

Food Club

Great Value

**Gulf Pacific** 

Hytop

Kroger

Mahatma

Market Pantry

Parade

Rice on the Side

Shurfine

Uncle Ben's

Winn Dixie

#### Tortillas, 16 oz. Only

#### 100% Whole-Wheat or Corn

Best Choice

Brookshire's

Carlita (name changing to Essential Everyday)

Celia's

Chi-Chi's

Great Value Guerrero

**IGA** 

Kroger

LaBanderita

MiCasa

Mission

My Essentials

Ortega

Shurfine

Tia Rosa Tio Santi

Winn Dixie

#### **NON-CITRUS JUICES**

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

Best Choice Best Yet

Brookshire's

Diane's Garden

Essential Everyday

Food Club

Great Value

Hytop

Kroger

Parade (and 48 oz.)

Shurfine

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

Always Save

Apple & Eve (and 48 oz.)

Best Choice

Best Yet

Brookshire's (and 48 oz.)

Essential Everyday

Food Club

Great Value

Harvest Classic

Hytop (and 48 oz.)

IGA

Juicy Juice (and 48 oz.)

Kroger

Langers

Lucky Leaf

Market Pantry

Mott's

Musselman's

Parade (and 48 oz.)

Sesame Street

Seneca (and 48 oz.)

Shurfine

Tipton Grove

Winn Dixie

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

Always Save (and 48 oz.)

Best Choice

Best Yet

Brookshire's

Essential Everyday

Food Club

Great Value

Hytop

IGA

Juicy Juice (and 48 oz.)

Kroger

Market Pantry

Parade (and 48 oz.)

Ruby Kist (48 oz. only)

Shurfine

Tipton Grove

Valu Time

Welch's

Winn Dixie

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

Apple & Eve

Food Club

Great Value

Langers

Northland (and 48 oz.)

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

**Best Choice** 

Brookshire's

Essential Everyday

Food Club

Great Value

Hytop

IGA

Juicy Juice

Kroger

Market Pantry

Parade (and 48 oz.)

Sesame Street

Shurfine Welch's Winn Dixie

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

Apple & Eve (and 48 oz.)

Best Yet

Essential Everyday

Food Club Great Value Kroger

Langers

Northland (48 oz. only)

Tipton Grove

#### Apple Frozen Concentrated, 11.5-12 oz.

Always Save Best Choice Best Yet

Essential Everyday

Food Club Great Value

Hytop Kroger Langers Parade

Seneca Tipton Grove

Welch's Winn Dixie

### Purple Grape Frozen Concentrated, 11.5-12 oz.

Best Yet

Essential Everyday

Food Club Great Value Kroger Parade

Parade Seneca Welch's Winn Dixie

### White Grape Frozen Concentrated, 11.5-12 oz.

Welch's

#### **Breakfast Cereals**

Crispy Rice, 12 oz. Only

Best Choice Best Yet Brookshire's Essential Everyday

Food Club
Great Value
Hytop
IGA
Kellogg's
Kiggins
Kroger
Malt-O-Meal
Parade
Ralston Foods
Shurfine

Shurfine W
Southern Home
Western Family
Winn Dixie

#### Frosted Shredded Wheat, 18 oz. Only

Brookshire's
Essential Everyday
Food Club
Kellogg's
Hytop
Kroger
Malt-O-Meal
Market Pantry
Parade
Ralston

Best Yet

Shurfine W Southern Home Western Family Winn Dixie

## **Strawberry Frosted Shredded Wheat,**

**18 oz. Only** Best Yet

Essential Everyday

Food Club Malt-O-Meal Southern Home

### Corn Flakes, 18 oz. Only

Best Choice Best Yet Brookshire's Essential Everyday Food Club Great Value Hytop
IGA
Kellogg's
Kiggins
Kroger
Malt-O-Meal
Parade
Piggly Wiggly
Ralston
Shurfine
Shurfine W
Southern Home
Supermaxi
Valutime
Western Family

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

Best Yet Brookshire's Essential Everyday Food Club Hytop

Winn Dixie

IGA Kroger Market Pantry Parade Quaker Shurfine

### Instant Grits; Plain, Individual Packs;

**12 oz. Only** Brookshire's

Winn Dixie

Essential Everyday
Food Club

Great Value
Hytop
Kroger
Parade
Quaker
Shurfine
Winn Dixie