

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



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: Bumble Bee or Chicken of the Sea

- ▶ 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.

WIC-22 Rev. 6/2015

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WIC Program Food List

Effective July 1, 2015



Louisiana Women, Infants and Children (WIC) Program

An Equal Opportunity Provider

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.

$$\begin{array}{c} \text{CEREAL 12 oz.} + \text{CEREAL 12 oz.} + \text{CEREAL 12 oz.} = 36 \text{ oz.} \\ \text{CEREAL 18 oz.} + \text{CEREAL 18 oz.} = 36 \text{ oz.} \end{array}$$

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 ½, 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

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 — 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.



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, 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.

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
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

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

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

Best Yet
Brookshire's
Essential Everyday
Food Club
Hytop
IGA
Kroger
Market Pantry
Parade
Quaker
Shurfine
Winn Dixie

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

Brookshire's
Essential Everyday
Food Club
Great Value
Hytop
Kroger
Parade
Quaker
Shurfine
Winn Dixie