

Check the WIC food instrument for food description and quantities allowed. Compare items selected to items below to ensure that only WIC eligible foods and container sizes are purchased. NO I.O.U.'s, RAINCHECKS, or SUBSTITUTIONS.

EGGS:

— *Least expensive brand*

- ▶ Large, White eggs — dozen

NOT ALLOWED:

- ▶ Extra large, medium, small, brown, low-cholesterol or specialty eggs



PEANUT BUTTER

(Must be printed on food instrument)

— *Any brand is allowed*

- ▶ 16-18 oz. container
- ▶ Smooth, crunchy, whipped, low sodium and low sugar allowed

NOT ALLOWED:

- ▶ Flavorings or added ingredients. Organic.



DRIED BEANS/PEAS:

— *Any brand is allowed*

- ▶ Any variety — 1 lb. package

NOT ALLOWED:

- ▶ Canned, fresh, frozen, mixed, added flavoring, soup mixes



CHEESE:

— *Least expensive brand, in the category of the participant's choice.*

- ▶ American, Mild Cheddar, Medium Cheddar, Mozzarella (part skim) & Swiss — 8 oz. or 16 oz.
- ▶ Block or Sliced (not individually wrapped).
- ▶ Low Fat, Fat Free, and Low Sodium varieties are approved.



NOT ALLOWED:

- ▶ Cheese product, spread or food, deli, grated, random weight, shredded

MILK:

— *Least expensive brand, in the category of the participant's choice.*

Homogenized:

- ▶ Whole, Low Fat (1%), and/or Fat Free (Skim) — Gallon and Quart*

Lactose Reduced/Lactose Free:

(Must be printed on food instrument)

- ▶ Whole, Low Fat (1%) and/or Fat-Free (Skim) — Half Gallon and Quart *



* Children 1 year old receive whole milk. Women and children 2-5 years old receive 1% or skim milk only

NOT ALLOWED:

- ▶ Flavored milk, buttermilk

SOY BEVERAGE:

(Must be printed on food instrument)

Brands: 8th Continent, Pacific Ultra, Silk, Great Value

- ▶ Half Gallon and Quart containers
- ▶ Original or vanilla flavor



TUNA FISH:

(Must be printed on food instrument)

— *Any brand is allowed*

- ▶ Light, Dark or Blended — 5-6 oz. can
- ▶ Dolphin safe, packed in water or oil



NOT ALLOWED:

- ▶ White, albacore, flavored, seasoned, foil packs

PINK SALMON

(Must be printed on food instrument)

Brands: Bumble Bee, Chicken of the Sea

- ▶ 5-6 oz. can
- ▶ Regular or low sodium, packed in oil or water, may contain bones or skin



NOT ALLOWED:

- ▶ Red or blue back, specialty, organic

WHOLE GRAINS

— *Least expensive brand*

Participants may choose from the selections below.

Allowed quantity and package size printed on food instrument.

Brown Rice

- ▶ 16 oz. bag/box



NOT ALLOWED:

- ▶ Instant, white, flavored, wild rice mixes, organic

Whole Wheat Bread

- ▶ 16 oz. (1 lb.) loaf
- ▶ 100 % Whole wheat on label



NOT ALLOWED:

- ▶ Sugar free, white, wheat blends, buns, rolls, bagels, frozen dough, organic

Tortillas

- ▶ 16 oz. package
- ▶ Corn or whole wheat



NOT ALLOWED:

- ▶ White flour tortillas, tostadas

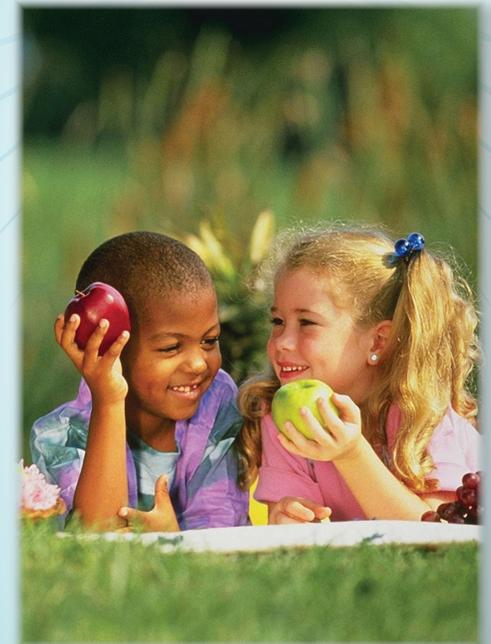
Manufacturer's coupons and any store promotions can be used with WIC food instruments, including free food, (such as buy one get one free offers).

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WIC Program Food List

Effective July 1, 2015



Louisiana Women, Infants and Children (WIC) Program

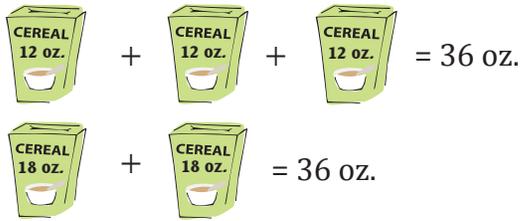
An Equal Opportunity Provider

Cereal Package Guide

Cereals

Juices. Fruits. Vegetables.

Use this guide to choose package sizes to get up to 36 ounces of cereal



WIC Infant Foods

INFANT CEREAL

— Least expensive brand

- ▶ Dry, plain (not mixed with fruit) — 8 oz. box

NOT ALLOWED:

- ▶ Flavored cereal (fruit, yogurt or formula), individual servings

INFANT FORMULA

- ▶ As printed on the WIC food instrument (quantity, size, brand and type). Must be iron fortified.

NOT ALLOWED: substitutions

INFANT FOODS

Brands: Beech-Nut, Stage 2 or Stage 2 ½, Gerber-2nd Foods, 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, desserts, dinners, added sugars, starches, salt, artificial sweeteners, DHA/ARA, omega-3 fats, prebiotics, probiotics, organic

INFANT MEATS

(Must be printed on food instrument)

Brands: Beech-Nut, Stage 1, Gerber-2nd Foods, Baby Basics

- ▶ 2 ½ oz. containers
- ▶ Single ingredient with broth or gravy
- ▶ Beef, chicken, turkey, ham

NOT ALLOWED:

- ▶ Pasta or vegetable mixtures, added sugars, added salt, DHA/ARA omega-3 fats, prebiotics, probiotics, organic



BREAKFAST CEREALS

— Least expensive brand required of the following 11.5-12 and 18 oz. containers

*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

Minimum of 120% Vitamin C

— Least expensive brand

- ▶ Single Strength - 100% Juice
- ▶ 48 oz. - Women
- ▶ 64 oz. - Children
- ▶ Orange, apple, grapefruit, pineapple, orange-mango, orange-pineapple, pineapple-mango, purple grape, white grape, cranberry, cranberry-grape, vegetable
- ▶ Frozen Concentrate - 100% Juice
- ▶ 11.5-12 oz. - Women
- ▶ Orange, apple, grapefruit, pineapple, purple grape, white grape



FRESH FRUITS & FRESH VEGETABLES ONLY:

— Any brand/any variety

ALLOWED:

- ▶ Whole or pre-cut fruit or vegetable
- ▶ Pre-cut may be packages or containers (e.g., bagged salad, pineapple in plastic container)



NOT ALLOWED:

- ▶ Bagged greens (e.g., lettuce, spinach, etc.) with 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
- ▶ Peanuts or other nuts
- ▶ 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