

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 NEW SIZES!

(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, Reduced Fat (2%), Low Fat (1%), and/or Fat Free (Skim) — Gallon and Quart

Lactose Reduced/Lactose Free:

(Must be printed on food instrument)

- ▶ Whole, Reduced-Fat (2%), Low Fat (1%) and/or Fat-Free (Skim) — Half Gallon and Quart

NOT ALLOWED:

- ▶ Flavored milk, buttermilk

SOY BEVERAGE:

(Must be printed on food instrument)

Brands: 8th Continent, Pacific Ultra, 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 - NEW CHOICES!

— **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 Oct. 1, 2013



Louisiana Women, Infants and Children (WIC) Program

An Equal Opportunity Provider

Cereal Package Guide



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

= 36 oz.



+



= 36 oz.



+



+



= 36 oz.



+



= 36 oz.

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

- ▶ 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

- ▶ 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

Cereals

BREAKFAST CEREALS

— Least expensive brand required of the following

12, 14, 18, 24 and 36 oz. containers

Exception: General Mills Rice Chex 12.8 oz. and Instant Oatmeal 11.8 oz.

*Indicates a whole grain cereal

- ▶ Crispy Rice — 12 oz.
- ▶ Toasted Oats* — 14 oz.
- ▶ Instant Oatmeal*, plain — 11.5-12 oz.
- ▶ Quick Cooking Oatmeal or Old Fashioned Oatmeal* — 18 oz.
- ▶ Quick Cooking or Instant plain Grits — 12 oz.



Post

- ▶ Grape-Nuts Flakes* — 18 oz.
- ▶ Alpha Bits* — 12 oz.



Malt-O-Meal in Bag or Box

- ▶ Oat Blenders with Honey — 12, 18 or 36 oz.
- ▶ Oat Blenders with Honey and Almonds — 18 or 36 oz.
- ▶ Frosted Mini Spooners* — 18 or 36 oz.
- ▶ Strawberry Cream Mini Spooners* — 12, 18 or 36 oz.



General Mills

- ▶ Corn Chex (Gluten Free) — 14 oz.
- ▶ Rice Chex (Gluten Free) — 12.8 oz.
- ▶ Dora the Explorer* — 18 oz.
- ▶ Kix* — 12 or 18 oz.



Kellogg's

- ▶ All Bran Complete Wheat Flakes* — 18 oz.
- ▶ Corn Flakes — 12, 18 or 24 oz.
- ▶ Special K — 12 or 18 oz.



Juices. Fruits. Vegetables.

JUICES - NEW CHOICES!

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 & VEGETABLES:

— Any brand/any variety

(excluding any potatoes, except orange yams and sweet potatoes.)

ALLOWED:

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

NOT ALLOWED:

- ▶ Any potatoes, except orange yams and sweet potatoes.
- ▶ 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