

LOUISIANA WIC APPROVED FOOD LIST

(504) 568-5806

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.

MILK: Homogenized: Whole, Low Fat, Fat Free, Non-Fat, Light and/or Reduced FatGallon
Lactose Reduced/Lactose Free: (if printed on food instrument) Whole, Fat-Free, Reduced Fat, Low Fat.....
.....Quart, Half-Gallon, & Gallon

* Least expensive brand, in the category of the patient's choice, required

* NOT ALLOWED: flavored milk, buttermilk, soy milk

EVAPORATED MILK: Whole, Low Fat or Skim12 oz can

* Least expensive brand, in the category of the patient's choice, required

* NOT ALLOWED: condensed milk, filled milk

CHEESE: American, Mild Cheddar, Medium Cheddar, Mozzarella 8 oz or 16 oz

* Shredded, Block or Sliced (not individually wrapped).

* Low - Fat, Fat - Free, & Low - Sodium varieties are approved

* Least expensive brand, in the category of the patient's choice, required

* NOT ALLOWED: cheese product, spread or food allowed. No deli, grated, random weight cheese

EGGS: Large, Whitedozen

* Least expensive brand required

*NOT ALLOWED: Extra large, medium, small, brown, low - cholesterol eggs, specialty eggs

PEANUT BUTTER: Smooth, Crunchy or Whipped18 oz jar

* Any brand is allowed

* NOT ALLOWED: flavored or added ingredients (i.e. honey roasted, jelly, honey, marshmallow, etc.)

DRIED BEANS/PEAS: Peas: Chick, Black-eyed, Split, Lentils 1 and 2 lb bag

Beans: Black, Navy, Pinto, Kidney, Soy, Lima

*Any brand is allowed

*NOT ALLOWED: canned, fresh, frozen, mixed, added flavoring, soup mixes

TUNA FISH: Light, dark, or blended6 - 6.125 oz can

*Any brand is allowed

*Dolphin safe, Solid and solid-packed in water or oil

*NOT ALLOWED: white, albacore, flavored, seasoned, foil packs

CARROTS: Fresh – Whole, unpeeled 1 or 2 lb bag

Canned – Sliced14 - 20 oz can

* Any brand is allowed

FRUIT JUICE: Brands, sizes and container types as specified below:

11 - 12.5 oz frozen concentrate:

DOLE: Pineapple, Pineapple Orange, Pineapple Grapefruit, Pineapple Orange Banana

LUCKY LEAF: Apple

SENECA: Apple, Grape (purple)

WELCH-S: 100% Grape (white or purple)

GRAPEFRUIT: WHITE:

ALLOWABLE BRANDS:

Minute Maid, Flavorite, Best Yet, Great Value, Shur Fine, Albertson-s, Piggly Wiggly, Food Club, IGA & Top Frost

ORANGE: No calcium added

ALLOWABLE BRANDS:

Minute Maid, Parade, Red & White, Flavorite, Shur Fine, Albertson-s, Price Saver, Food Club, Top Frost, IGA, Crisp, Tropicana, Best Yet, Piggly Wiggly & Great Value

46 oz can:

CAMPBELL-S: V-8 (no spicy/picante)

DEL MONTE: Pineapple

DOLE: Pineapple

LIBBY-S: Juicy Juice (any flavor)

LUCKY LEAF: Apple

SENECA: Apple, Grape (purple)

WELCH-S: 100% Grape (white & purple)

GRAPEFRUIT: White or Pink

ALLOWABLE BRANDS:

WHITE: Red & White, Flavorite, Texas Citrus, Albertson-s, Shur Fine, America-s Choice, Great Value, Donald Duck, Piggly Wiggly, IGA, Best Yet, Tipton Grove, & Thrifty Maid

PINK: Parade, Red & White, Hi Country, Flavorite, Albertson-s, Texas Citrus, Shur Fine, Great Value, Tipton Grove, Texun, Best Yet, IGA, Piggly Wiggly, & Thrifty Maid

ORANGE: No calcium added

ALLOWABLE BRANDS:

Parade, Red & White, Shur Fine, Flavorite, Food Club, Thrifty Maid, IGA, Piggly Wiggly, Texsun, Best Yet, Donald Duck, & Tipton Grove

8 oz box: PLUS 3 JUICE BLEND CONCENTRATE

Allowable flavors: White Grape/Peach, Orange, Berry Blend, Grape (purple), & Apple

CEREAL: Brands as specified below. Combination not to exceed 36 ounces.

GM Cheerios (plain)

GM Country Corn Flakes (plain)

GM Kaboom

Jim Dandy Enriched Quick Grits

Kellogg-s Complete Wheat Bran Flakes

Kellogg-s Corn Flakes (plain)

Kellogg-s Product 19

Malt - O - Meal quick (original flavor)

Nabisco Cream of Wheat (1 minute) (plain)

Post Premium Bran Flakes

Quaker Instant Grits (any flavor)

Quaker Instant Oatmeal (regular flavor)

Quaker King Vitaman

Quaker Life (plain)

Quaker Toasted Oatmeal Squares (plain)

INFANT CEREAL: Dry, plain8 oz box

* Any brand is allowed

* Least expensive brand is required to be purchased

* NOT ALLOWED: flavored cereal (fruit, yogurt or formula), canned, individual servings

INFANT FORMULA: As prescribed on the WIC food instrument (quantity, size, brand and type).

NOT ALLOWED: substitutions, low - iron formula

VENDORS WILL ONLY BE REIMBURSED FOR ITEMS AND SIZES SPECIFIED ABOVE.

DHH-OPH

WIC-23

02/2004