

PROGRAM GUIDE

INFORMATION FOR PARTICIPANTS



WIC
LOUISIANA

EFFECTIVE FEBRUARY 1, 2020

Bring your ID and your WIC folder or EBT card to every WIC appointment.

If the appointment is for certification or recertification, also bring all persons applying for WIC and all necessary paperwork as indicated below.

1 Proof of Identity (Examples):

- State issued identification card
- Driver's license
- School identification
- Birth certificate
- Louisiana Medicaid card
- Passport
- Military identification

2 Proof of Identity for Child/Infant (Examples):

- Birth certificate
- Foster care/adoption papers
- Louisiana Medicaid card
- Immunization records

3 Proof of where you are currently living. This proof must include your name and address. (Examples):

- Utility bill
- Rent receipt
- Lease/Housing Agreement
- US Postal Service processed mail addressed to caregiver

4 Current Proof of Household Income for all people living in your house (Examples):

- Paystubs from job(s) (30 days most recent)
- Louisiana Medicaid Card
- Current unemployment check stub
- A statement of workman's compensation, social security or child support income
- Military Leave and Earning Statement (LES)
- Recent 1040 tax statement if self-employed

WHAT TO BRING TO THE AUTHORIZED WIC GROCERY STORE:

- ✓ WIC Program Guide
- ✓ eWIC Benefit Balance

- ✓ eWIC Shopping List
- ✓ eWIC Card

FAMILY I.D. NUMBER:

Head of Household/Cardholder/Endorser Name

Additional Endorser

Proxy

Participant Name

Contact your WIC clinic when you change your address or phone number.

Participant Name

Participant Name

Participant Name

Participant Name

ONLINE NUTRITION EDUCATION

INFANT FOODS, MILK, SOY BEVERAGE, EGGS & CHEESE

YOGURT

FRUITS & VEGETABLES, PEANUT BUTTER, CANNED FISH & BEANS

WHOLE GRAINS

Bring your ID and your WIC folder or EBT card to every WIC appointment.

If the appointment is for certification or recertification, also bring all persons applying for WIC and all necessary paperwork as indicated below.

ONLINE NUTRITION EDUCATION

There is no limit to how often or how much you can learn. Log in anytime 24/7 from your computer, tablet or smart phone!



Over 20 lessons available in English and Spanish

HOW TO GET STARTED:



1 Go to wichealth.org and create an account.



2 Choose and complete a lesson. Answer the survey to receive your certificate.



3 Receive credit from your local clinic.

Examples of lessons available:

- Eat Well – Spend Less!
- Starting Your Infant on Solid Foods
- Secrets For Feeding Picky Eaters
- Preparing for a Healthy Pregnancy
- Make Meals and Snacks Simple

KEEP YOUR SCHEDULED WIC APPOINTMENT FOR FOLLOW-UP!

wichealth problems?

Try clicking the help tab on the top of the page to submit a message. All questions are answered within 24 hours.

DOWNLOAD THE WIC SHOPPER APP

The free WIC Shopper app lets you review available food benefits, scan products to identify WIC allowed foods, find WIC clinics and WIC-approved stores and view recipes on your smartphone.



WATCH VIDEOS ON USING BENEFITS



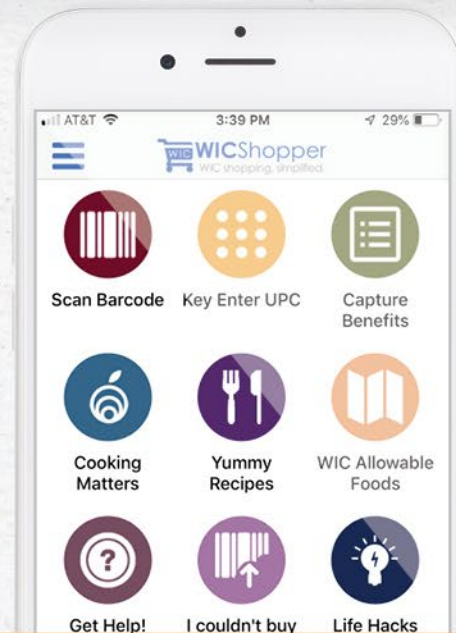
SCAN UPC CODES WHILE SHOPPING TO SEE IF THE ITEM IS WIC APPROVED



USE CAPTURE BENEFITS TO TAKE A PICTURE OF YOUR RECEIPT



FIND WIC APPROVED STORES AND FOODS



ONLINE NUTRITION EDUCATION

INFANT FOODS, MILK, SOY BEVERAGE, EGGS & CHEESE

YOGURT

FRUITS & VEGETABLES, PEANUT BUTTER, CANNED FISH & BEANS

WHOLE GRAINS

Bring your ID and your WIC folder or EBT card to every WIC appointment.

If the appointment is for certification or recertification, also bring all persons applying for WIC and all necessary paperwork as indicated below.

INFANT FOODS

Authorized Brands Below

- Organic allowed in the brands below
- Single or mixed combinations are allowed
- Texture may range from strained through diced

Not allowed

- No mixtures of fruits/vegetables with cereals, added sugars, starches, salt, artificial sweetener



INFANT FRUITS AND VEGETABLES

4 oz. container or 2 pack of 4 oz. containers

- Beech-Nut Stage 1 and Stage 2, Organic Stage 1 and Stage 2
- Earth's Best Organic
- Gerber 1st Foods Organic
- Gerber 1st and 2nd Foods
- Happy Baby Organics
- Parent's Choice
- Tippy Toes
- Wild Harvest



INFANT MEATS

2.5 oz. container

- Beech-Nut Stage 1
- Earth's Best Organic
- Gerber 2nd Foods
- Tippy Toes Stage 2



INFANT CEREAL

8 oz. container

Rice, Oatmeal, Multigrain

- Beech-Nut
- Earth's Best
- Gerber



MILK

Children younger than 2 years old must receive whole milk. Children 2 to 5 years old and women may only receive 1% or skim milk.

Least expensive brand

Gallon and Quart

- Homogenized
- Fat content specified on shopping list
- Lactose-free or lactose reduced must be on the eWIC shopping list to be allowed

Not allowed

- Flavored milk or buttermilk

SOY BEVERAGE

Soy beverage must be on the eWIC shopping list to be allowed.

32 oz. or 64 oz.

Brands:

- 8th Continent - Original and Vanilla
- Pacific Ultra - Original
- Silk - Original
- Silk - Original Aseptic (Shelf Stable)
- Westsoy Organic - Original and Vanilla

EGGS

Least expensive brand

- Large, white eggs - dozen

Not allowed

- Other sizes, advertised as low cholesterol, lowfat or specialty eggs

CHEESE

Least expensive brand

- American, mild cheddar, medium cheddar, mozzarella (part skim) and Swiss — 8 or 16 oz.
- Block or sliced (not individually wrapped)

Not allowed

- Cheese products, spreads or foods, deli-purchased (sliced or weighed to order), individually wrapped, grated or shredded



INFANT FOODS, MILK, SOY BEVERAGE, EGGS & CHEESE

YOGURT

FRUITS & VEGETABLES, PEANUT BUTTER, CANNED FISH & BEANS

WHOLE GRAINS

Bring your ID and your WIC folder or EBT card to every WIC appointment.

YOGURT

32 oz. Only – Non-fat, lowfat and whole fat

Not allowed

- Mix-in ingredients such as granola, candy pieces, honey, nuts, and similar ingredients



Whole Fat



- Plain
- Strawberry
- Vanilla



- Greek Vanilla



- Plain



- Plain
- Vanilla



- Greek Plain



- Greek Plain
- Plain



- Plain
- Vanilla



- Plain
- Strawberry
- Vanilla



- Greek Plain
- Greek Vanilla
- Plain

Non-fat and Lowfat



- Plain
- Strawberry
- Vanilla



- Greek Plain
- Greek Vanilla
- Strawberry
- Vanilla



- Greek Plain
- Peach
- Plain
- Strawberry
- Vanilla



- Greek Plain
- Greek Vanilla
- Plain
- Vanilla



- Plain
- Vanilla



- Greek Plain
- Greek Strawberry
- Greek Vanilla



- Plain



- Greek Plain
- Plain
- Vanilla



- Plain
- Vanilla



- Blueberry
- Greek Plain
- Greek Strawberry
- Greek Vanilla
- Peach
- Plain
- Strawberry
- Vanilla



- Peach
- Plain
- Strawberry
- Strawberry-Banana
- Vanilla



- Greek Plain
- Greek Vanilla
- Peach
- Plain
- Strawberry
- Vanilla



- Plain
- Vanilla



- Greek Plain
- Greek Strawberry



- Greek Plain



- Greek Plain
- Greek Strawberry
- Greek Vanilla
- Plain
- Vanilla



- Greek Plain
- Greek Plain (Organic)
- Greek Vanilla
- Greek Vanilla (Organic)
- Plain (Organic)



- Blueberry
- Peach
- Strawberry
- Strawberry-Banana
- Vanilla



- Plain
- Strawberry
- Vanilla



- Greek Plain
- Greek Vanilla

YOGURT

FRUITS & VEGETABLES, PEANUT BUTTER, CANNED FISH & BEANS

WHOLE GRAINS

FRUITS AND VEGETABLES

Any brand

- Fresh, Frozen, Canned (Most Brands)

Not allowed

- 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

If the amount of the purchase is more than your allowance, you will need to pay the balance using a different form of payment.



PEANUT BUTTER

Peanut butter must be on the eWIC shopping list to be allowed.

Any brand

- Creamy, crunchy or smooth — 16 -18 oz. container

Not allowed

- Flavored or with other ingredients such as jelly or honey



DRIED BEANS/PEAS

Any brand

- Any variety — 16 oz. package

Not allowed

- Beans with added seasonings or flavorings
- Bean soup mixes

CANNED BEANS

Any brand listed below

15-16 oz. can

- Baby Lima Beans
- Black Beans
- Blackeye Peas
- Cannelini Beans
- Crowder Peas
- Field Peas
- Garbanzo Beans
- Kidney Beans
- Lentils
- Lima Beans
- Navy Beans
- Pinto Beans
- Purple Hull Peas
- Red Beans
- White Beans

Not allowed

- Green Beans
- Wax Beans

CANNED FISH

WIC Approved Fish must be on the eWIC shopping list to be allowed.

Any brand

- Tuna packed in oil or water — 5 or 6 oz. can or foil pouch
- Pink Salmon packed in oil or water — 5 oz., 6 oz., 7.5 oz. or 14.75 oz. can or foil pouch
- Sardines packed in oil or water — 3.75 oz. or 15 oz. can or pack



100% WHOLE WHEAT BREAD

Only quantities and package sizes on your eWIC shopping list are allowed.

16 oz. package

- Best Choice
- Best Yet
- IGA
- Kroger
- Nature's Own Life Whole Grain Wheat Sugar Free
- Nature's Own 100% Whole Wheat with Honey
- Ozark Hearth
- Pepperidge Farm
- Sara Lee
- Shoppers Value
- Wonder

Not allowed

- White, wheat blends, buns, rolls, bagels, frozen dough or organic varieties

24 oz. package

- Essential Everyday
- Market Pantry
- Oroweat
- Pepperidge Farm
- Private Selection 100% Whole Wheat Wide Pan Bread
- Private Selection 100% Whole Wheat Sugar Free Bread
- Rouses
- Signature Select

BROWN RICE

Authorized Brands Below

16 oz. bag/box

- Best Choice
- Best Yet
- Brookshires
- Essential Everyday
- Food Club
- Freedom's Choice
- Gulf Pacific
- IGA
- Kroger
- Mahatma
- Market Pantry
- Parade
- Rouses
- Sarita
- SE Grocers
- Shurfine
- Signature Select
- Uncle Ben's
- Winn Dixie

Not allowed

- Instant, white, flavored, wild rice mixes or organic varieties

WHOLE WHEAT PASTA

Any Variety

Authorized Brands Below

16 oz. package

- Barilla
- Best Choice
- Essential Everyday
- Full Circle
- Food Club
- Great Value
- Kroger
- O Organics
- Racconto
- Ronzoni
- Signature Select
- Simple Truth

TORTILLAS

Authorized Brands Below

16 oz. package

- 100% corn or whole wheat

Not allowed

- White flour tortillas or tostadas

Best Choice



Brookshire's



Celia's



Chi-Chi's



Essential Everyday



Food Club



Great Value



Guerrero



IGA



Kroger



MiCasa



Mission



Ortega



Shurfine



Tio Santi



JUICE

Single strength

- 100% juice
- 48 oz. for women
- 64 oz. for children
- Apple, cranberry, cranberry-apple, cranberry-grape, cranberry-raspberry, grapefruit, orange, pineapple, pineapple-orange, purple grape, tomato, vegetable and white grape.

Frozen concentrate *(for women only)*

- 100% juice
- 11.5-12 oz.
- Apple, cranberry, cranberry-apple, cranberry-raspberry, grapefruit, orange, pineapple, pineapple-orange, purple grape and white grape.

Not allowed

- Added Sugar

11.5-12 OZ. FROZEN CANS



Always Save

- Apple
- Orange



Essential Everyday

- Apple
- Orange
- Purple or Red Grape



IGA

- Apple
- Orange



Best Choice

- Apple
- Orange



Food Club

- Apple
- Orange
- Purple or Red Grape



Kroger

- Apple
- Grapefruit
- Orange
- Pineapple
- Pineapple Orange
- Purple or Red Grape



Best Yet

- Apple
- Orange
- Purple or Red Grape



Great Value

- Apple
- Orange
- Purple or Red Grape



Market Pantry

- Apple
- Orange
- Purple or Red Grape



Clear Value

- Orange



Old Orchard

- Apple
- Cranberry
- Cranberry Apple
- Cranberry Raspberry
- Orange
- Pineapple
- Pineapple Orange
- Purple or Red Grape
- White Grape



Shurfine

- Orange



Signature Select

- Apple
- Orange



Tipton Grove

- Apple
- Orange



Welch's

- Apple
- Purple or Red Grape
- White Grape



SE Grocers

- Apple
- Orange



Seneca

- Apple

64 OZ. BOTTLES



Always Save

- Apple
- Purple or Red Grape



Best Choice

- Apple
- Grapefruit
- Pineapple
- Purple or Red Grape
- Tomato
- Vegetable
- White Grape



Apple & Eve

- Apple (and 48 oz.)
- Cranberry (and 48 oz.)
- Cranberry Apple (and 48 oz.)
- Cranberry Grape
- Cranberry Raspberry (and 48 oz.)



Best Yet

- Apple
- Cranberry
- Cranberry Grape
- Grapefruit
- Orange
- Pineapple
- Purple or Red Grape
- Vegetable
- White Grape

JUICE

JUICE

BREAKFAST CEREALS

HOW TO USE YOUR eWIC BENEFITS

REMINDERS

JUICE

Single strength

11.5-12 OZ. FROZEN CANS

Always Save

Essential

IGA

64 OZ. BOTTLES (CONTINUED)

Brookshires



- Apple (and 48 oz.)
- Orange (and 48 oz.)
- Pineapple (and 48 oz.)
- Pineapple Orange (48 oz. only)
- Purple or Red Grape
- Tomato
- Vegetable
- White Grape

Essential Everyday



- Apple
- Cranberry
- Grapefruit
- Orange
- Pineapple
- Purple or Red Grape
- Tomato – Low Sodium
- Tomato – Regular
- Vegetable – Low Sodium
- Vegetable – Regular
- White Grape

Freedom's Choice



- Apple (48 oz. only)
- Purple or Red Grape (48 oz. only)

IGA



- Apple
- Grapefruit
- Orange
- Pineapple
- Purple or Red Grape
- Vegetable
- White Grape

Kroger



- Apple
- Cranberry
- Cranberry Apple
- Grapefruit
- Pineapple
- Purple or Red Grape
- Vegetable – Low Sodium
- Vegetable – Regular
- White Grape

Campbell's



- Tomato – Low Sodium
- Tomato – Regular

Food Club



- Apple (and 48 oz.)
- Orange (and 48 oz.)
- Pineapple (and 48 oz.)
- Pineapple Orange (48 oz. only)
- Purple or Red Grape
- Tomato
- Vegetable
- White Grape

Great Value



- Apple
- Cranberry
- Cranberry Grape
- Grapefruit
- Orange
- Pineapple
- Purple or Red Grape
- Tomato
- Vegetable – Low Sodium
- Vegetable – Regular
- White Grape

Juicy Juice



- Apple (and 48 oz.)
- Orange Tangerine
- Purple or Red Grape (and 48 oz.)
- White Grape

Market Pantry



- Apple
- White Grape

Mott's



- Apple
- Cranberry Apple

Ruby Kist



- Apple (and 48 oz.)
- Grapefruit
- Orange
- Pineapple
- Purple or Red Grape (and 48 oz.)
- Vegetable
- White Grape

Seneca



- Apple

Signature Select



- Apple
- Cranberry
- Cranberry Grape
- Cranberry Raspberry
- Orange
- Pineapple
- Purple or Red Grape
- Tomato
- Vegetable
- White Grape

Valutime



- Purple or Red Grape

Northland



- Cranberry Grape
- Cranberry Raspberry

Sesame Street



- Apple
- White Grape

SE Grocers



- Apple (and 48 oz.)
- Cranberry
- Cranberry Grape
- Grapefruit
- Orange (and 48 oz.)
- Pineapple (48 oz. only)
- Purple or Red Grape (and 48 oz.)
- Vegetable
- White Grape

Shurfine



- Apple (and 48 oz.)
- Orange
- Purple or Red Grape
- White Grape

Tipton Grove



- Apple
- Orange
- Pineapple
- Purple or Red Grape
- Vegetable
- White Grape

V8



- Vegetable – Low Sodium
- Vegetable – Regular

Old Orchard



- Apple
- Cranberry Apple
- Orange
- Purple or Red Grape

Welch's



- Purple or Red Grape (and 48 oz.)
- Purple or Red Grape (with calcium)
- White Grape (and 48 oz.)

JUICE

BREAKFAST CEREALS

HOW TO USE YOUR eWIC BENEFITS

REMINDERS

BREAKFAST CEREAL

Only buy brands, types and package sizes listed. Follow the guide to obtain exactly 36 oz. of breakfast cereal.

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.)

GENERAL MILLS



Berry Berry Kix* (18 oz.)



Honey Kix* (18 oz.)



Kix* (12 or 18 oz.)



Blueberry Chex (12 oz.)

KELLOGG'S

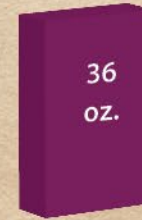


All-Bran Complete Wheat Bran Flakes* (18 oz.)



Special K (12 or 18 oz.)

WAYS TO BUY UP TO 36 OZ OF CEREAL



Totals 36 oz.



Totals 36 oz.



Totals 36 oz.



Totals 36 oz.

Corn Flakes

18 oz.

- Best Yet
- Brookshires
- Essential Everyday
- Food Club (and 12 oz.)
- IGA
- Kellogg's (and 12, 24 and 36 oz.)
- Kiggins
- Kroger
- Market Pantry
- SE Grocers
- Signature Select
- Shoppers Value
- Shurfine
- Valutime
- Winn Dixie

Crisp Rice (Rice Krispies)

12 oz.

- Best Choice
- Best Yet (and 18 oz.)
- Brookshires
- Essential Everyday

*Indicates a whole grain cereal

- Food Club
- IGA
- Kellogg's (and 18 and 24 oz.)
- Kiggins
- Kroger
- Malt O Meal (and 18 and 36 oz.)
- Market Basket (only 18 oz.)
- Market Pantry
- SE Grocers
- Shurfine
- Signature Select
- Valutime

Frosted Mini Wheats*

18 oz.

- Best Choice
- Best Yet
- Brookshires
- Essential Everyday
- Food Club
- IGA
- Kellogg's (and 24 and 36 oz.)
- Malt O Meal (and 36 oz.)
- SE Grocers
- Shurfine

Strawberry Frosted Mini Wheats*

18 oz.

- Food Club
- Malt O Meal (and 36 oz.)

Corn Squares (Corn Chex)

12 oz.

- Best Choice
- Essential Everyday
- Food Club
- General Mills (and 18 oz.)
- Great Value
- IGA
- Signature Select

Rice Squares (Rice Chex)

12 oz.

- Essential Everyday
- Food Club
- General Mills (and 18 oz.)
- IGA
- Kroger
- SE Grocers

Toasted Oats* (Cheerios)

12 oz.

- Best Yet
- Essential Everyday
- Essentials
- Food Club
- General Mills - Cheerios (and 18 oz.)
- General Mills - MultiGrain Cheerios (and 18 oz.)
- IGA
- Kroger
- Shurfine
- Signature Select

Crispy Hexagons (Crispix)

12 oz.

- Best Choice
- Essential Everyday
- Food Club
- IGA
- Kellogg's (and 18 oz.)

HOT CEREAL

Instant Oatmeal, Plain, Individual Packets*

11.8-12 oz. only

- Brookshires
- Essential Everyday
- Food Club
- Kroger
- Market Basket
- Piggly Wiggly
- Quaker
- SE Grocers
- Shurfine
- Signature Select
- Winn Dixie

Instant Grits, Plain, Individual Packets

12 oz. only

- Brookshires
- Essential Everyday
- Food Club
- Quaker
- SE Grocers
- Shurfine

HOW TO USE YOUR eWIC BENEFITS

1. Select a Louisiana WIC authorized store with the WIC Authorized Vendor door decal.
2. Choose the items you want to buy from your shopping list receipt.
 - You do not have to buy all the items on your shopping list.
 - Foods can only be purchased in the valid month. Any remaining foods expire on the last day of the month.
 - You may use coupons or store customer cards when purchasing WIC foods.
 - Rain checks for out of stock items are not allowed.

If something happens to your card call **504-568-8229** or your local WIC clinic right away.

If you have problems using your benefits, or have a complaint about a store please contact LAWICVendor@la.gov or **504-568-8229**.



AT THE CHECKOUT

1. Before scanning any of the food, tell the cashier you are using an eWIC card.
2. In most cases, you will insert your eWIC Card in the Point of Sale (POS) machine and leave your card inserted until the cashier tells you to remove it.
3. Type in your PIN and press the enter button on the keypad. If you do not remember your PIN, do not attempt to guess your PIN. If you enter the wrong PIN too many times, your card will be locked.
4. Your WIC items will be printed on a "mid-receipt" for your review prior to pushing the button to approve the transaction.
5. If you are purchasing non-WIC approved items, use another form of payment such as Louisiana EBT, Credit or Debit Card or cash. ALWAYS USE YOUR eWIC CARD PRIOR TO OTHER FORMS OF PAYMENT.
6. The cashier will give you a receipt which shows your remaining benefit balance and the date benefits expire. Please keep all of your receipts.



**Do not write your
PIN on your card.**



REMINDERS

WIC food benefits are provided for the sole consumption of the enrolled participant. WIC staff and participants are expected to work together and treat each other with courtesy and respect.

Please DO NOT:

- Verbally or physically abuse store employees, WIC Clinic staff or others in the WIC clinic
- Give away, sell or attempt to sell WIC food benefits or EBT card, or allow someone else to do so
- Purposely misrepresent your circumstances to obtain WIC benefits
- Participate in the WIC Program at more than one WIC site during the same time or month in any area of the United States
- Return WIC foods for cash, credit or non-WIC items

These are considered violations and could result in:

- WIC disqualification
- A bill for the full cash value of benefits improperly used
- Prosecution under local, state or federal laws



Keep your receipts in this pocket!

- Handle your WIC benefits carefully. Treat them like cash.
- Contact your local WIC clinic if any changes are needed to your food package.
- After all benefits are used, save your eWIC card! Your next benefits will be purchased with the same eWIC card.

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.

Contact your local WIC Agency at:

Voter Registration Information: If you believe someone has interfered with your right to register to vote or to decline to register to vote, your right to privacy in deciding whether to register or in applying to register to vote, or your right to choose your own political party or other political preference, you may file a complaint with the Louisiana Secretary of State, Commissioner of Elections, P.O. Box 94125, Baton Rouge, LA 70804-9125 or by calling (225) 922-0900 or 1-800-883-2805.



This institution is an equal opportunity provider.
The information in this booklet is subject to change.

© Brush Art Corporation

Printing of this material was purchased in accordance with the provisions of Title 43 of the Louisiana Revised Statutes.