

Starting May 2026, WIC Shopping Lists will show whole grains in ounces instead of pounds!

## Package sizes sometimes change – check labels carefully!

Food	Usual Package Size(s)
Whole Wheat Bread	*8 oz., *12 oz., 16 oz., *20 oz., 24 oz. packages
100% Corn or Whole Wheat Tortillas	16 oz. packages
Whole Wheat Pasta	16 oz. packages
Brown Rice, Wild Rice, Quinoa, Barley & Millet	16 oz. packages
Bulgur	24 oz. packages
**Oatmeal in a Canister	16 oz., 18 oz., 25 oz., 30 oz. packages

\*8 oz, 12 oz, 20 oz bread available **after** 5/2/2026

\*\*NEW: Oatmeal in a **canister** = **whole grain**. **Effective May 2, 2026.**

NOT NEW: Oatmeal (**packets**) = **cereal**.

## How can you make the most of your ounces?

### One (1) child-families receive 24 ounces.


Purchasing either two (2) 12 oz. breads or one (1) 24 oz. whole grain product is the best option.

### Two (2) children receive 48 ounces (oz.)

What can this family purchase?

Two (2) 24 ounce packages of bread  
OR

One (1) 16 ounce package of bread  
One (1) 16 oz. bag of corn tortillas  
One (1) 16 ounce bag of rice



$$16 \text{ oz} + 16 \text{ oz} + 16 \text{ oz} = 48 \text{ oz}$$

### 1 woman & 1 child receive 72 ounces (oz.)

What can this family purchase?

Three (3) 24 ounce packages of bread  
OR

One (1) 16 ounce package of bread  
One (1) 16 oz. bag of corn tortillas  
One (1) 16 ounce bag of rice  
One (1) 24 oz. package of bread



$$16 \text{ oz} + 16 \text{ oz} + 16 \text{ oz} + 24 \text{ oz} = 72 \text{ oz}$$

To learn more about WIC foods, contact your local clinic or visit our website, [www.LouisianaWIC.org](http://www.LouisianaWIC.org).

This institution is an equal opportunity provider.