



Memorandum

#13-001

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Linda Brumble, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: January 8, 2013

SUBJECT: New Kosher Milk and Updated Shopping Guide for Kosher Milk and Cheese

This memo is to inform you that we have approved a new brand of kosher milk, *Fresh and Tasty*. WIC participants can buy either Lamers or Fresh and Tasty brands depending on the brand the store carries. The *Texas WIC Shopping Guide for Kosher Milk and Cheese* (E-WIC-34-7) has been updated and a printable pdf is available through the WIC Catalog under Food Issuance or on the web at http://www.dshs.state.tx.us/wichd/approved_foods/new_foods.shtm. The new image can be found on the second page of this memo.

The effective date of the flyer will continue to show October 1, 2012. The revision date on the bottom of the flyer has been changed to "12/12." Please recycle copies of the *Shopping Guide for Kosher Milk and Cheese* dated "10/12" and replace with the new version date of "12/12." If you have any questions, please contact Paula Kanter, Clinical Nutrition Specialist, at 512-341-4574 or paula.kanter@dshs.state.tx.us.

Special Food Package Only
Texas WIC Shopping Guide for Kosher Milk and Cheese
Effective October 1, 2012

Kosher Milk
½ gallon

Choose from these brands

Look For:

- Lamers Dairy
- Fresh & Tasty

Don't Buy: Flavored milk, calcium-fortified, or high-protein milk

Children 1 year old – whole milk
Children 2-4 years old and women – fat-free milk, low-fat (1%) and reduced-fat (2%)

Kosher Cheese
1 pound package

Choose from these brands

Look For:

- Les Petites Colby Jack
- Miller's Mozzarella
- Natural & Kosher Mozzarella

For Exclusively Breastfeeding Multiple Infants from the Same Pregnancy

Kosher Cheese
8 oz.

Choose this brand

Look For:

- Haolom Cheddar stick

Listed below are several stores that carry kosher foods.
Most stores carry both kosher milk and cheese in the approved sizes. Call the store before shopping.

Austin
HEB 7025 Village Center Drive..... (512) 502-8445

Dallas
Albertsons 7007 Arapaho Road..... (214) 387-8996

Houston
HEB 5417 S. Braeswood..... (713) 721-8781

Richardson
Tom Thumb 1380 West Campbell Rd..... (972) 680-6010

San Antonio
HEB 14610 Huebner Road..... (210) 492-8004

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EWIC-34-7 Rev. 12/12

Same effective date

New brand *Fresh & Tasty*

New revision date