

Texas WIC Approved Foods

For Women and Children		For Infants
<ul style="list-style-type: none"> • Milk & Buttermilk • Yogurt • Soy Milk • Lactose-free Milk • Cheese (not cheese foods, cheese products or substitutes) • Dry pinto, black & navy beans, lentils or green split peas (unseasoned only) • Fruit Juice (100% fruit juice) • Vegetable Juice • Tofu • Whole wheat bread • Tortillas, yellow & white corn & whole wheat 	<ul style="list-style-type: none"> • Brown Rice • Oatmeal • Whole Wheat Pasta • Peanut Butter • Eggs • Fresh & Frozen Fruits • Fresh & Frozen Vegetables • Breakfast Cereal • Pink Salmon & Chunk Light Tuna • Canned evaporated milk • Non-fat dry milk • Canned Beans 	<ul style="list-style-type: none"> • Infant Formula • Infant Cereal without fruit • Infant Food- Fruits & Vegetables • Infant Food- Meats

2016 Texas WIC Approved List - Effective October 1, 2015

New Foods as of April 1, 2015	
WHOLE WHEAT PASTA 16 oz Package	YOGURT 32 oz (2 LB)
Barilla	Dannon
Whole Grain Penne Whole Grain Spaghetti	All Natural Plain – Whole Fat All Natural Plain – Lowfat All Natural Vanilla – Lowfat All Natural Plain – Nonfat
Hodgson Mills	Mountain High
Whole wheat Angel Hair Whole Wheat Elbows Whole Wheat Spaghetti Whole Wheat Spirals Whole Wheat Thin Spaghetti Whole Wheat Veggie Bows	Original Style Yoghurt Plain – Whole Fat Original Style Yoghurt Vanilla – Whole Fat Plain Yoghurt – Lowfat Vanilla Yoghurt – Lowfat Plain Yoghurt – Fat Free Vanilla Yoghurt – Fat Free
Racconto	Yoplait
Whole Wheat Capellini Whole Wheat Elbows Whole Wheat Farfelle Whole Wheat Linguine Whole Wheat Penne Rigate Whole Wheat Rigatoni Whole Wheat Rotini Whole Wheat Spaghetti	Original Smooth Style Harvest Peach – Lowfat Original Smooth Style Strawberry – Lowfat Original Smooth Style Strawberry Banana – Lowfat Original Smooth Style Vanilla – Lowfat Original Smooth Style Plain – Nonfat

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CEREAL – NATIONAL BRANDS	
B & G FOODS	
Whole Grain Cream of Wheat	18-oz box only
GENERAL MILLS	
Cheerios	18-oz & 36-oz boxes only
Corn Chex	18-oz box only
Dora the Explorer	18-oz box only
Kix	18-oz box only
MultiGrain Cheerios	18-oz & 36-oz box only
Rice Chex	18-oz box only
KELLOGG'S	
All Bran Complete Wheat Flakes	18-oz box only
Corn Flakes	18-oz & 36 oz boxes only
Frosted Mini Wheats Original	18-oz & 36 oz boxes only
Rice Krispies	18-oz box only
Special K Original	18-oz box only
MALT-O-MEAL	
Blueberry Mini Spooners	18-oz box/bag & 36-oz box/bag
Crispy Rice	36-oz bag only
Frosted Mini Spooners	18-oz box/bag & 36-oz box/bag
Strawberry Cream Mini Spooners	18-oz box/bag & 36-oz box/bag
Oat Blenders with Honey	18-oz box/bag & 36-oz bag only
Oat Blenders with Honey and Almonds	18-oz box/bag & 36-oz bag only
Original Hot Wheat Cereal	18-oz & 36-oz boxes only
Scooters	18-oz bag & 36-oz bag
POST	
Grape Nuts Flakes	18-oz box only
Honey Bunches of Oats Honey Roasted	18-oz & 36 oz boxes only
Honey Bunches of Oats with Almonds	18-oz & 36 oz boxes only
Honey Bunches of Oats with Vanilla Bunches	18-oz box only
Honey Bunches of Oats Whole Grain Almond Crunch	18-oz box only
Honey Bunches of Oats Whole Grain Honey Crunch	18-oz box only
QUAKER	
Instant Grits Original	18-oz box only
Life Original	18-oz box only

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<p align="center">JUICE - 100% Juice Only 120% or More Vitamin C per Serving</p>	<p align="center">WHOLE WHEAT BREAD 16 oz. loaves only Store Declared Least Expensive Brand (LEB) <i>Not Allowed: Buns, rolls or sugar-free.</i></p>
<p align="center">48 OZ FLUID (PLASTIC) Store Declared Least Expensive Brand (LEB) 100% Juice - with or without calcium and vitamin D</p> <ul style="list-style-type: none"> • Apple • Grapefruit • Orange • Orange Mango • Orange Pineapple • Pineapple • Pineapple Mango • Purple Grape • Vegetable • White Grape <p><i>Not Allowed: Apple Cider, cocktails, sugar or sweeteners</i></p>	<p align="center">BROWN RICE 16 oz. package only Store Declared Least Expensive Brand (LEB) <i>Not Allowed: White rice, added seasonings, sugar, fat, oil or salt.</i></p>
<p align="center">64 OZ FLUID (PLASTIC) Store Declared Least Expensive Brand (LEB) 100% Juice - with or without calcium and vitamin D</p> <ul style="list-style-type: none"> • Apple • Grapefruit • Orange • Orange Mango • Orange Pineapple • Pineapple • Pineapple Mango • Purple Grape • Vegetable • White Grape <p><i>Not Allowed: Apple Cider, cocktails, sugar or sweeteners</i></p>	<p align="center">CORN TORTILLAS – WHITE & YELLOW 16 oz. package only Store Declared Least Expensive Brand (LEB) <i>Not Allowed: Tostadas or white flour tortillas.</i></p>
<p align="center">64 OZ REFRIGERATED (Carton or Plastic) Store Declared Least Expensive Brand (LEB) 100% Juice - with or without calcium and vitamin D</p> <p align="center">100% Orange Juice Only <i>Not Allowed: Sugar or sweeteners</i></p>	<p align="center">WHOLE WHEAT TORTILLA 16 oz. package only Store Declared Least Expensive Brand (LEB) <i>Not Allowed: White flour tortillas</i></p>
<p align="center">11.5 OZ & 12 OZ FROZEN Store Declared Least Expensive Brand (LEB) 100% Juice - with or without calcium and vitamin D</p> <ul style="list-style-type: none"> • Apple • Grapefruit • Orange • Purple Grape • White Grape <p><i>Not Allowed: Cocktails</i></p>	<p align="center">OATMEAL 16 oz. containers only</p> <ul style="list-style-type: none"> • 3 Minute Brand - Quick & Old Fashioned Oats • Best Choice - Quick & Old Fashioned Oats • Granvita – Oats • Mom’s Best Naturals - Quick & Old Fashioned Oats
<p align="center">16 OZ FROZEN Store Declared Least Expensive Brand (LEB) 100% Juice - with or without calcium and vitamin D</p> <ul style="list-style-type: none"> • Apple • Orange <p><i>Not Allowed: Cocktails</i></p>	<p align="center">CHUNK LIGHT TUNA 5 or 6 oz. can packed in water Any brand — Regular or low-sodium</p> <p><i>Not Allowed: Albacore, Yellowfin, Tongol tuna, fillet, premium select or gourmet tuna or tuna packed in oil or pouches</i></p> <p align="center">PINK SALMON 5 or 6 oz. can packed in water Any brand – packed with or without skin and bones</p> <p><i>Not Allowed: Premium skinless and boneless, smoked, fillets, and red salmon; packed in oil or pouches</i></p>

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<p align="center">BEANS – PEAS – LENTILS 1 lb. package only Store Declared Least Expensive Brand</p> <ul style="list-style-type: none"> • Pinto Beans • Lentils • Green Split Peas • Black Beans • Navy Beans <p><i>Not Allowed: Added seasonings, mixed beans or bulk beans</i></p>	<p align="center">CHEESE 1 lb. or 2 lbs. packages only of sliced or block cheese. Store Declared Least Expensive Brand</p> <p>Low-fat & Reduced-fat within the types listed below are allowed</p> <ul style="list-style-type: none"> • American • Cheddar • Colby • Colby Jack • Longhorn • Monterey Jack • Mozzarella <p><i>Not Allowed: individually wrapped slices, shredded cheese, processed cheese food, cheese food product, cheese with jalapeno peppers, cheese from the deli or imported cheese</i></p>
<p>CANNED BEANS Authorized Brand & Types Only</p>	
<p align="center">Allen's</p> <p>Black Beans - 15.5 oz Blackeyed Peas – Packed From Dry Soaked 15.5 oz Dark Red Kidney Beans - 15.5 oz Great Northern Beans -15.5 oz Pinto Beans -15.5 oz</p>	<p align="center">Casa Fiesta</p> <p>No Fat Refried Black Beans -16 oz No Fat Refried Beans- 16 oz Pinto Beans - 15 oz Whole Black Beans – 15 oz</p>
<p align="center">Bush's Best</p> <p>Black Beans -15 oz Blackeyed Peas (no snaps)-15.8 oz Cannellini Beans -15.5 oz Dark Red Kidney Beans - 16 oz Fat Free Refried Beans - 16 oz Great Northern Beans -15.8 oz Pinto Beans -16 oz Reduced Sodium Black Beans - 15 oz Reduced Sodium Cannellini Beans – 15.5 oz Reduced Sodium Dark Red Kidney Beans -16 oz Reduced Sodium Pinto Beans - 16 oz</p>	<p align="center">Goya</p> <p>Black Beans – 15.5 oz Blackeyed Peas – 15.5 oz Cannellini Beans -15.5 oz Low Sodium Black Beans – 15.5 oz Low Sodium Pinto Beans – 15.5 oz Low Sodium Red Kidney Beans – 15.5 oz Pinto Beans – 15.5 oz Red Kidney Beans – 15.5 oz</p> <p align="center">Ortega</p> <p>Black Beans Original Flavor – 15 oz Fat Free Refried Beans – 16 oz</p>
<p align="center">Trappey's</p> <p>Light Red Kidney Beans – 15.5 oz</p>	<p align="center">Progresso</p> <p>Black Beans -15 oz</p>

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FRESH – FRUITS, VEGETABLES & BEANS

Allowed:

- Any fresh fruit, vegetable or bean
- Single or mixed, whole, pre-cut or packaged, bagged salad, fruits or vegetables
- Organic

Not Allowed:

- Bagged salads with dressing or croutons. No items from the salad bar, party trays, or fruit baskets
- Decorative or ornamental fruits or vegetables (such as garlic on a string, painted pumpkins, gourds)
- Nuts, dried fruits or dried vegetables
- Bulk dried beans
- Pico de Gallo
- Spices or herbs (such as cilantro, parsley, chives, mint, or thyme)

FROZEN – FRUITS

Allowed:

- Any variety, single or mixed fruit in a 9 oz. package or larger.
- Any package type (box, bag)
- Organic
- With or without salt or herbs

Not Allowed:

- No added sugar or artificial sweetener

FROZEN –VEGETABLES & BEANS

Allowed:

- Any variety, single or mixed Any brand in a 9-ounce package or larger
- Any package type (box, bag)
- With or without salt
- Organic

Not Allowed:

- No fried, creamed, sauced, specially seasoned, or breaded vegetables
- No added sugars, fats or oils
- No Pico de Gallo
- No vegetables mixed with pasta, rice or any other ingredients