TEXAS WIC

Approved Foods Shopping Guide

SMART CHOICES • HEALTHY FAMILIES

Effective October 1, 2016

"I'm glad there is a program like WIC out there to help mothers and babies get what they need to be healthy."

Use this guide to find out which brands of food are OK to get with your WIC card or get a list of all WIC approved brands at **www.dshs.texas.gov/wichd/vo/flist.shtm.**

Some stores will not carry every WIC approved food or brand.

How to Use Your Texas WIC Shopping Guide

Make shopping for WIC approved foods easy. Go through this guide before you go to the store.

When you see:

Choose Any Brand You may pick any brand of this food.

Choose These Brands Choose food from one of the brands listed in the guide.

Look for the Pink WIC Sticker Choose brands tagged with the pink *WIC Approved Item* sticker. These brands may be different at each store. Not all stores will carry every WIC approved food item in this guide.

NOT WIC APPROVED: Tells you what is not an approved food.

Special Food Package Only (pages 11-15) Your WIC staff will explain shopping for the Special Food Packages if you get:

- Exclusively Breastfeeding Twins, Triplets or More
- Lactose-Free Milk, Tofu and Soy Milk, Evaporated Milk or Powder Milk
- No Refrigeration
- Kosher Milk and Cheese

WIC cards are not accepted at self-service checkouts.

Milk WIC Approved Item

Look for the Pink WIC Sticker

Children 1 Year Old – whole milk – no buttermilk
Children 2 to 5 Years Old & Women – fat-free, low-fat (1/2% & 1%) & buttermilk

- 1 quart (945 mL)
- 1/2 gallon (1.89 L)
- 1 gallon (3.78 L)

Non-fat & low-fat buttermilk:

- 1/2 gallon (1.89 L) only

Carton or plastic container

NOT WIC APPROVED: Calcium-fortified, high-protein, organic, flavored milk (such as chocolate), milk with DHA or omega-3, rice milk, or goat's milk

Cheese WIC Approved Item

Look for the Pink WIC Sticker

- 16 oz. (1 lb.) or 32 oz. (2 lb.) packages
- Block or sliced
- Regular, reduced-fat & low-fat
- American, Cheddar, Colby, Colby-Jack, Longhorn, Monterey Jack, & Mozzarella
- Mozzarella string cheese (16 sticks)

NOT WIC APPROVED: Individually wrapped slices, shredded cheese, processed-cheese food, cheese-food product, cheese with jalapeño peppers, cheese from the deli, organic or imported cheese

Eggs

Choose Any Brand

- One dozen carton
- Grade A or AA
- Large, medium, or small

NOT WIC APPROVED: Extra-large, jumbo, brown, fertile, free-range, cage-free, organic, omega-3, with added vitamins or minerals (such as Eggland's Best)

Yogurt

Choose These Brands

Children 1 Year Old

- Whole-milk yogurts
- 2 lb. (32 oz./907g) containers

Brown Cow

- Cream Top Plain & Vanilla

Freanna

- Plain

Dannon

- All Natural – Plain

Mountain High

- Original Style Yoghurt – Plain, Vanilla & Strawberry

Stonyfield

- Plain & French Vanilla

Children 2 to 5 Years Old & Women

- Low-fat and non-fat yogurts
- 2 lb. (32 oz./907g) containers

Brown Cow

- Non-fat Plain & Vanilla

Dannon

- All Natural Lowfat Yogurt – Plain & Vanilla
- All Natural Nonfat Yogurt – Plain, Strawberry & Strawberry Banana

Hiland

- Lowfat Plain, Vanilla, Peach & Strawberry

LALA

- Lowfat Plain

Mountain High

- Lowfat Yoghurt – Plain & Vanilla
- Fat Free Yoghurt – Plain & Vanilla

Stonyfield

- Lowfat – Plain, French Vanilla, Banilla & Strawberry
- Fat Free – Plain & French Vanilla

Yoplait

- Nonfat Yogurt – Plain
- Original Smooth Style (Low Fat) Vanilla, Strawberry, Harvest Peach & Strawberry Banana

NOT WIC APPROVED: Greek, fruit on the bottom, whipped, or with stir in ingredients

HELPFUL TIP: The clear liquid on top of yogurt is loaded with important nutrients including protein and calcium. Stir it in!

Fruits, Vegetables & Beans

Choose Any Brand

Fresh

- Single or mixed
- Whole, pre-cut, or packaged
- Organic or regular
- Bagged salad, fruits, or vegetables
- Beans or peas such as fresh lima beans or blackeyed peas

NOT WIC APPROVED:

- Items from the salad bar, party trays, or fruit baskets
- Bagged salad with dressing or croutons
- Decorative or ornamental fruits or vegetables (such as garlic on a string, painted pumpkins, gourds)
- Pico de gallo
- Nuts, trail mix, or dried fruits and vegetables
- Bulk dried beans
- Spices or herbs (such as cilantro, parsley, chives, or mint)

Frozen

- Single or mixed
- Organic or regular
- With or without salt or herbs
- Any package size and type

NOT WIC APPROVED:

- Creamed, sauced, specially-seasoned, or breaded vegetables
- With added sugars, artificial sweeteners, fats, or oils
- Vegetables mixed with pasta, rice, or any other ingredients

HELPFUL TIP: See chart for buying fruits and vegetables on page 16.

Juice WIC Approved Item

Look for the Pink WIC Sticker

- 100% Juice - 120% vitamin C
- Added calcium & vitamin D are allowed

Juice (Plastic)

Children 64 oz. & Women 48 oz.

- Apple
- Grapefruit
- Orange
- Orange Mango
- Orange Pineapple
- Pineapple
- Pineapple Mango
- Vegetable
- Purple Grape
- White Grape

Refrigerated Juice (Carton or Plastic)

Children 64 oz.

- Orange

Frozen Juice

Children 16 oz.

- Apple
- Orange

Women 11.5 oz. – 12 oz.

- Apple
- Orange
- Grapefruit
- White Grape
- Purple Grape

NOT WIC APPROVED: Juice cocktail/drinks, apple cider, juice with added sugar or sweetener

Whole Grains

Bread WIC Approved Item

Look for the Pink WIC Sticker

- 16 oz. (1 lb.) loaves
- 100% whole-wheat

NOT WIC APPROVED: Sugar-free

Brown Rice WIC Approved Item

Look for the Pink WIC Sticker

- 16 oz. (1 lb.) package

NOT WIC APPROVED: White rice, added seasonings, sugar, fat, oil, or salt

Tortillas WIC Approved Item

Look for the Pink WIC Sticker

- 16 oz. (1 lb.) package
- Yellow or white-corn
- 100% whole-wheat refrigerated or shelf

NOT WIC APPROVED: White-flour tortillas

Oatmeal

Choose These Brands

- 16 oz. (1 lb.) package

Granvita Oats
3-Minute Brand Quick or Old Fashioned Oats
Best Choice Quick or Old Fashioned Oats
Mom's Best Naturals Quick or Old Fashioned Oats

Pasta

Choose These Brands

- 16 oz. (1 lb.) box or bag
- 100% whole-wheat

Pasta Brands

Barilla
Food Club
Full Circle
Hodgson Mill
Kroger
Natural Directions
O Organics
Racconto
Ronzoni Healthy Harvest
Shurfine
Simple Truth

Types

- Angel Hair
- Campellini
- Elbows
- Farfelle
- Fusilli
- Linguine
- Penne
- Penne Rigate
- Rigatoni
- Rotini
- Shells
- Spaghetti
- Spirals
- Thin Spaghetti
- Veggie Bows

Canned Beans

Choose These Brands

Children 2 to 5 Years Old & Women

- 15 oz. to 16 oz. cans
- Regular or Low Sodium

Allen
- Black Beans
- Blackeye Peas
- Dark Red Kidney Beans
- Great Northern Beans
- Pinto Beans

Bush's Beans
- Black Beans
- Blackeye Peas
- Cannellini Beans
- Dark Red Kidney Beans
- Light Red Kidney Beans
- Fat Free Refried Beans (Cocina Latina)
- Great Northern Beans
- Pinto Beans

Casa Fiesta
- No Fat Refried Black Beans
- No Fat Refried Beans
- Pinto Beans
- Whole Black Beans

Ortega
- Black Beans
- Fat Free Refried Beans

Progresso
- Black Beans

Trappey's
- Light Red Kidney Beans

Goya
- Black Beans
- Blackeye Peas
- Cannelini Beans
- Dark Red Kidney Beans
- Red Kidney Beans
- Pinto Beans

NOT WIC APPROVED: Organic beans, chili beans, beans with snaps, jalapeño peppers, bacon, pork, oils, Bush's Best Seasoned Recipe, or soups

Dried Beans WIC Approved Item

Look for the Pink WIC Sticker

- 16 oz. (1 lb.) packages
- Black beans, navy beans, pinto beans, green-split peas, and lentils

NOT WIC APPROVED: Added seasonings, bulk or mixed beans

Peanut Butter

Choose Any Brand

- 16 to 18 oz. jar
- Creamy or crunchy

NOT WIC APPROVED: Peanut spread, reduced-fat, organic, with honey, chocolate, marshmallows, jelly, candy pieces, or omega-3

HELPFUL TIP: How to buy beans & peanut butter for children 2 to 5 years old & women. One item equals:

1 package dry beans, lentils, peas

or

4 cans of beans

or

1 jar peanut butter

Breakfast Cereal

Choose These Brands

- 18 & 36 oz. packages only

Higher in Whole Grain

Gluten Free

Whole Grain Cream of Wheat
18 oz.

Malt-O-Meal
Original
18 oz. & 36 oz.

Instant Grits
Original 18 oz.

Cheerios
18 oz. & 36 oz.

Multi-Grain Cheerios
18 oz. & 36 oz.

Dora
18 oz.

KIX
18 oz.

Corn Chex
18 oz.

Rice Chex
18 oz.

All-Bran
Complete Wheat Flakes 18 oz.

Corn Flakes
18 oz. & 36 oz.

Frosted Mini-Wheats
18 oz. & 36 oz.

Rice Krispies
18 oz.

Special K
Original 18 oz.

Grape-Nuts Flakes
18 oz.

Honey Bunches of Oats
Honey Crunch
18 oz.

Honey Bunches of Oats
Almond Crunch
18 oz.

Honey Bunches of Oats
Vanilla Bunches
18 oz.

Honey Bunches of Oats
with Almonds
18 oz.

Honey Bunches of Oats
Honey Roasted
18 oz.

Life
Original 18 oz.

Corn Flakes
18 oz. box & bag

Crispy Rice
18 oz. box & bag
36 oz. bag

Mini Spooners
Blueberry
18 oz. & 36 oz. bag

Mini Spooners
Frosted
18 oz. box & bag
36 oz. bag

Mini Spooners
Strawberry Cream
18 oz. box & bag
& 36 oz. bag

Oat Blenders
with Honey
18 oz. box & bag
& 36 oz. bag

Oat Blenders
with Honey & Almonds
18 oz. box & bag
& 36 oz. bag

Infant 6 to 12 Months

Choose Any Brand

Baby Fruits and Vegetables

- 4 oz. single container or 2-pack
- Regular or organic
- Single or mixed fruits and/or vegetables

NOT WIC APPROVED:

- Dinners, desserts, toddler foods, diced fruits or vegetables, or baby food in pouches
- With added ingredients such as: cereal, oatmeal, chia, amaranth, quinoa, rice, pasta, yogurt, meat, DHA, sugar, salt or starches (such as rice flour or tapioca)

HELPFUL TIP:

Choose These Brands

Baby Cereal

- ***Gerber MultiGrain*** 8 oz. & 16 oz.
- ***Gerber Oatmeal*** 8 oz. & 16 oz.
- ***Gerber Rice*** 8 oz. & 16 oz.
- ***Gerber Whole Wheat*** 8 oz. only

NOT WIC APPROVED: Cereal with fruit, formula, DHA, added ingredients, or organic

Exclusively Breastfeeding Infants 6 to 12 Months

Choose Any Brand

Baby Meats

- 2.5 oz. single container — no multi-pack
- Regular or organic
- Any single meat with broth or gravy such as chicken, beef, turkey, or ham

NOT WIC APPROVED: Dinners, meat with vegetables or fruit, DHA, sugar, or salt

Exclusively Breastfeeding Women

Choose Any Brand

Tuna

- 5 to 6 oz. can
- Chunk light
- Packed in water
- Regular or low-sodium

NOT WIC APPROVED: Albacore, tongol, yellowfin, fillet, premium-select, gourmet tuna, or packed in oil or pouches

Salmon

- 5 to 6 oz. can
- Pink salmon
- Packed in water
- Skin and bones allowed

NOT WIC APPROVED: Premium skinless and boneless, smoked, fillets, red salmon, or packed in oil or pouches

Special Food Package Only

Exclusively Breastfeeding Twins, Triplets or More

Cheese

Choose These Brands

- 8 oz.
- Block or sliced
- Regular, reduced-fat & low-fat
- American, Cheddar, Colby, Colby-Jack, Longhorn, Monterey Jack, & Mozzarella

American Heritage	*Food Club*	*Kraft*	*Shurfine*
Best Choice	*Great Value*	*Kroger*	*Shurfresh*
Brookshire	*HEB*	*Lucerne*	
Essential Everyday	*Hy-Top*	*Parade*	

NOT WIC APPROVED: Individually wrapped slices, shredded cheese, processed-cheese food, cheese-food product, cheese with jalapeño peppers, cheese from the deli, or imported cheese

HELPFUL TIP: These cheeses will not be labeled with the pink *WIC Approved Item* stickers.

Bread

Choose These Brands

- 20 or 24 oz. loaf

Essential Everyday 100% Whole Wheat 24 oz.

Essential Everyday Honey Whole Wheat 24 oz.

HEB Bake Shop 100% Whole Wheat 24 oz.

Mrs Baird's 100% Whole Wheat 20 oz.

Nature's Own 100% Whole Wheat 20 oz.

Nature's Own Specialty 100% Whole Wheat 24 oz.

Private Selection 100% Whole Wheat 24 oz.

Signature Kitchen 100% Whole Wheat 20 oz.

Sara Lee Soft & Smooth 100% Whole Wheat 20 oz.

Sara Lee Whole Wheat 20 oz.

HELPFUL TIP: These breads will not be labeled with the pink *WIC Approved Item* stickers.

Juice

WIC Approved Item

Look for the Pink WIC Sticker

- 64 oz. fluid or 16 oz. frozen AND 48 oz. fluid or 12 oz. frozen
- 100% Juice - 120% vitamin C
- Added calcium & vitamin D are allowed

NOT WIC APPROVED: Juice cocktail/drinks, apple cider, juice with added sugar or sweetener

Special Food Package Only

Lactose-Free Milk, Tofu and Soy Milk, Evaporated Milk or Powder Milk

Lactose-Free Milk

Choose Any Brand

Children 1 Year Old – whole milk
Children 2 to 5 Years Old & Women – fat-free & low-fat (1%)

- 1/2 gallon (1.89 L)

NOT WIC APPROVED: Calcium-fortified, high-protein, organic, flavored milk (such as chocolate), milk with DHA or omega-3

Soy Milk

Choose These Brands

- 1/2 gallon (1.89 L)

8th Continent

- Original & Vanilla

Great Value

- Original (Walmart)

Silk

- Original in 1/2 gallon (1.89 L) or twin-pack

NOT WIC APPROVED: Organic, light or fat-free

Tofu

Choose These Brands

- 16 oz. (1 lb.) refrigerated

Azumaya	*Banyan*	*House Foods*	*O Organics*	*Tasty ToFu*
Silken	Soft	Medium Firm	Super Firm	Soft
Firm	Medium Hard	Firm		Regular
Extra Firm	Hard	Extra Firm		Hard

NOT WIC APPROVED: Lite tofu or seasoned tofu.

Evaporated Milk

Choose Any Brand

Children 1 Year Old – whole milk
Children 2 to 5 Years Old & Women – fat-free & low-fat (1%)

- Fortified with vitamins A & D
- 12 oz.

NOT WIC APPROVED: Evaporated filled milk or sweetened-condensed milk

Nonfat Dry Powder Milk

Choose Any Brand

Children 2 to 5 Years Old & Women

- Fortified with vitamins A & D
- 9.6 oz., 25.6 oz. & 64 oz.

Special Food Package Only

No Refrigeration

Juice

Choose These Brands

- 6 pack of 5.5 oz. or 6 oz. cans
- Unsweetened 100% juice with vitamin C

Big Tex	*Parade*	*Texsun*
Apple	Orange	Grapefruit
Grapefruit		Orange
Orange		
Orange Pineapple		
Pineapple		

HELPFUL TIP: These juices will not be labeled with the pink *WIC Approved Item* stickers.

Choose These Brands

Only if listed on your WIC Shopping List

- 8 pack of 6.75 oz. boxes
- Unsweetened 100% juice with vitamin C

Nestle Juicy Juice

- Apple
- Grape

Nonfat Dry Powder Milk

Choose Any Brand

Only if listed on your WIC Shopping List

Children 2 to 5 Years Old & Women

- Fortified with vitamins A & D
- 9.6 oz., 25.6 oz. & 64 oz.

Cheese

Choose These Brands

Exclusively Breastfeeding Women

- 8 oz.
- Block or sliced
- Reduced-fat & low-fat cheese
- American, Cheddar, Colby, Colby-Jack, Longhorn, Monterey Jack & Mozzarella

American Heritage	*Food Club*	*Kraft*	*Shurfine*
Best Choice	*Great Value*	*Kroger*	*Shurfresh*
Brookshire	*HEB*	*Lucerne*	
Essential Everyday	*Hy-Top*	*Parade*	

NOT WIC APPROVED: Individually wrapped slices, shredded cheese, processed-cheese food, cheese-food product, cheese with jalapeño peppers, cheese from the deli, or imported cheese

HELPFUL TIP: These cheeses will not be labeled with the pink *WIC Approved Item* stickers.

Continued on page 14

Special Food Package Only
No Refrigeration

Tuna and Salmon

Choose Any Brand

Exclusively Breastfeeding Women

- 3-pack of 3 oz. cans
- Chunk light
- Packed in water
- Regular or low-sodium

NOT WIC APPROVED: Albacore, tongol, yellowfin, fillet, premium-select, gourmet tuna, packed in oil or pouches

- 3-pack of 3 oz. cans
- Pink salmon
- Packed in water
- Skin and bones allowed

NOT WIC APPROVED: Premium skinless and boneless, smoked, fillets, red salmon, packed in oil or pouches

Special Food Package Only
Kosher Milk and Cheese

Kosher Cheese

Choose These Brands

- 1 lb. package

Miller's Mozzarella
Natural & Kosher Mozzarella (block or sliced)
Natural & Kosher White American

Choose These Brands

Exclusively Breastfeeding Twins, Triplets or More

- 8 oz.

Haolam Cheddar Stick

Kosher Milk

Choose These Brands

Children 1 Year Old – whole milk
Children 2 to 5 Years Old & Women – fat-free & low-fat (1%)

- 1/2 gallon (1.89 L)
- 1 gallon (3.78 L)

Lamers Dairy
Fresh & Tasty
Pride of the Farm

NOT WIC APPROVED: Calcium-fortified, high-protein, flavored milk (such as chocolate)

HELPFUL TIP: See page 15 for list of stores that carry kosher food.

Several stores that carry kosher milk and cheese

Most stores carry both kosher milk and cheese in the approved sizes. Call the store before shopping.

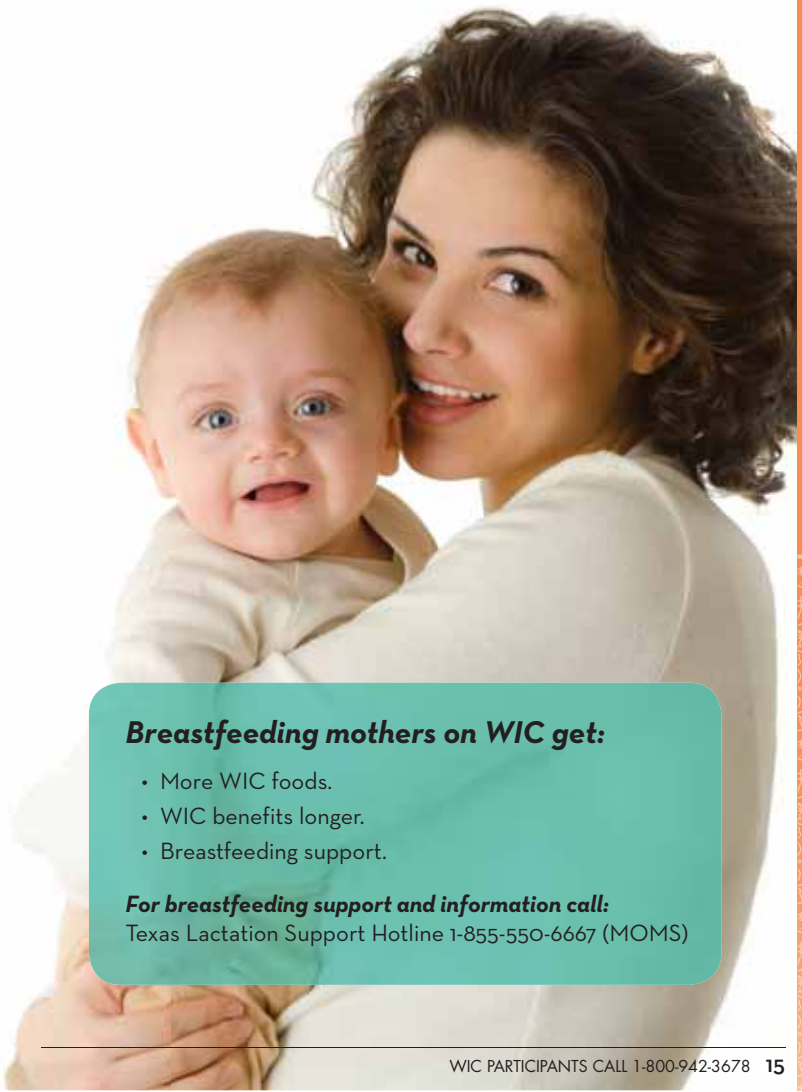
Austin
HEB 7025 Village Center Drive..... 512-502-8445

Dallas
Minyard Sun Fresh Market 7007 Arapaho Road.....972-387-8977
Tom Thumb 11920 Preston Road..... 972-392-2501

Houston
HEB 5417 S. Braeswood Blvd 713-721-8781
Kroger 10306 South Post Oak 713-721-7691

Richardson
Tom Thumb 1380 West Campbell Road..... 972-680-6010

San Antonio
HEB 8503 NW Military Hwy 210-479-4300



Breastfeeding mothers on WIC get:

- More WIC foods.
- WIC benefits longer.
- Breastfeeding support.

For breastfeeding support and information call:
Texas Lactation Support Hotline 1-855-550-6667 (MOMS)

Buying Fruits and Vegetables

Use this chart to help you shop.

1. What is the price per pound (lb.)?
2. Place the fruit or vegetable on the scale to weigh it.
3. Round the weight up to the nearest pound (lb.) or 1/2 pound (lb.).
4. Match the price per lb. and the weight to the chart below.

Price per lb.	1 lb.	1½ lbs.	2 lbs.	2½ lbs.	3 lbs.	3½ lbs.	4 lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96

APPOINTMENTS	

TexasWIC.org

For more information

WIC participants call 1-800-942-3678 or visit www.texaswic.org

Vendors visit www.dshs.texas.gov/wichd/vo/vo1.shtm

Texas WIC has videos to help you shop

YouTube: www.youtube.com/TexasDSHS

Follow us

Twitter and Facebook: @ TexasDSHS

WIC helps you make amazing kids!

Texas Department of State Health Services

Texas WIC Smart Choices • Healthy Families

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