



Memorandum

#12-114

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: October 18, 2012

SUBJECT: Fiscal Year 13 Shopping Guide Flyers and Vietnamese Shopping Guides

This memo is to inform you that the following Shopping Guide flyers and the Vietnamese Shopping Guide are now posted and available for download from the WIC Catalog at <http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm> or from the WIC website at http://www.dshs.state.tx.us/wichd/approved_foods/new_foods.shtm:

- *Texas WIC Shopping Guide for No Refrigeration (WIC-34-5)*
- *Exclusively Breastfeeding Multiples Infants from the Same Pregnancy (WIC-34-6)*
- *Texas WIC Shopping Guide for Kosher Milk and Cheese (WIC-34-7)*
- *Texas WIC Shopping Guide for Gluten Free Foods (E13-06-13482)*
- *NEW Soy Milk and Tofu, Evaporated or Powder Milk (E13-06-14003)*

These flyers are not printed due to the limited issuance of these food packages. Local agency staff must provide the appropriate flyer to participants who receive these food packages to ensure that the participants know which foods and brands they can buy. As a reminder, soy milk, tofu, evaporated milk, and powdered milk are no longer on the *Shopping Guide Brochure*.

Attached you will find a *Reference Sheet for Shopping Guide Flyers and Vietnamese Shopping Guides* for use as a reference and training material for new staff. If you have any questions, please contact Paula Kanter, Clinical Nutrition Specialist, at 512-341-4574 or paula.kanter@dshs.state.tx.us.

Reference Sheet for Shopping Guide Flyers

Downloadable from the WIC Catalog OR WIC website under WIC Foods and Food Packages / Approved Foods

Gluten Free Packages Eng/Spain

Soy Milk, Evaporated Milk or Powder Milk Packages Eng/Spain/Viet

Exclusively Breastfeeding Multiple Infants from the Same Pregnancy Eng/Spain/Viet

Kosher Milk & Cheese Packages English Only

Special Food Package Only
**Texas WIC Shopping Guide
for Gluten Free Foods**
Effective October 1, 2012

Cereals

Choose from these brands

Look For:

- 12.8 oz. General Mills Rice Chex
- 14.0 oz. General Mills Corn Chex
- 12 oz. Kellogg's Gluten Free Rice Krispies



You can select these cereals.
(No other WIC Approved cereals are allowed.)

Whole Grains

Look for the **WIC Approved Item**

Look For:

- 16 oz. bag brown rice
- 16 oz. package corn tortillas



Brown Rice **Corn Tortillas**

Important: Brown rice and corn tortillas are foods that usually do not contain gluten. However, be sure to check the label or call the manufacturer to make sure the products were not grown or processed with gluten containing foods.

Oatmeal, whole wheat bread and whole wheat tortillas have gluten and should not be purchased.

All other foods shown on your **Smart Choices • Healthy Families** Shopping Guide are allowed on a gluten free diet.

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E13-06-13482 Rev. 10/12




Special Food Packages
**Soy Milk and Tofu
Evaporated or Powder Milk**
Effective October 1, 2012

Soy Milk

Choose from these brands

Look For:

- ½ gallon (1.89 L)



8th Continent Original and Vanilla only
Lucerne Original only (Randall's & Tom Thumb)

Children need a prescription.

Tofu

Choose from these brands

Look For:

- 16 oz. (1 lb.) refrigerated

Don't Buy:

- Lite tofu
- Seasoned tofu

Children need a prescription.

Azumaya

- Silken
- Firm
- Extra Firm

House Foods

- Regular
- Firm
- Extra Firm

Banyan

- Soft
- Medium Hard
- Hard

Tasty Tofu

- Soft
- Medium Hard
- Hard

Evaporated Milk

Choose any brand

Look For:

- Fortified with vitamins A & D
- 12 oz. only



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

Don't Buy: Evaporated filled milk or sweetened condensed milk

Children 2-4 Years Old & Women

Powder Milk

Choose any brand

Look For:

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



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Special Food Package Only
**Exclusively Breastfeeding Multiple
Infants from the Same Pregnancy**
Effective October 1, 2012

Cheese

8 oz.

Look For:

- American, Cheddar, Colby, Colby-Jack, Monterey Jack & Mozzarella
- Reduced fat and low fat cheese are allowed

Choose from these brands

American Heritage Best Choice	HEB Hy-Top	Lucerne Parade
Essential Everyday Food Club	KRAFFT	Shurline Shurfresh
	Kroger	

Don't Buy: Individually wrapped slices, shredded cheese, processed cheese food, cheese food product, cheese with jalapeño peppers, cheese from the deli, or imported cheese.

These cheeses will **not** be labeled with the pink "WIC Approved Item" sticker.

Whole Wheat Bread

20 or 24 oz. loaf

Choose from these brands

Essential Everyday 100% Whole Wheat 24 oz (UPC 0 41303 78082 4)
Essential Everyday Honey Whole Wheat 24 oz (UPC 0 41303 78083 1)
HEB Bake Shop 100% Whole Wheat 24 oz (UPC 0 41220 03278 5)
Mrs Baird's 100% Whole Wheat 20 oz (UPC 0 70870 00042 4)
Nature's Own 100% Whole Wheat 20 oz (UPC 0 72250 03712 9)
Nature's Own Specialty 100% Whole Wheat 24 oz (UPC 0 72250 91478 9)
Pepperidge Farm Whole Wheat Grain 24 oz (UPC 0 14100 08599 3)
Pepperidge Farm Whole Grain Whole Wheat 24 oz (UPC 0 14100 08599 7)
Safeway 100% Whole Wheat 20 oz (UPC 0 21130 18430 9)
Sara Lee Soft & Smooth 100% Whole Wheat 20 oz (UPC 0 72945 60134 3)
Sara Lee Whole Wheat 20 oz (UPC 0 72945 60134 5)
Sara Lee Whole Wheat 20 oz (UPC 0 72945 71589 9)
Surefresh 100% Whole Wheat 20 oz (UPC 0 11161 44848 8)

These loaves of bread will **not** be labeled with the pink "WIC Approved Item" sticker.

Juice

64 oz. fluid or 16 oz. frozen & 48 oz. fluid or 12 oz. frozen

Look for the **WIC Approved Item**

Look For:

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

Don't Buy:

- Juice with sugar or sweetener
- Juice cocktail
- Apple cider

For allowable flavors, refer to your **Smart Choices • Healthy Families** Shopping Guide

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

Kosher Milk

½ gallon

Choose this brand

Look For:

- Lamers Dairy Milk

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 Arapahoe 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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Reference Sheet for Downloadable Shopping Guide Flyers

Downloadable from the WIC Catalog OR WIC Website under WIC Foods and Food Packages/Approved Foods

No Refrigeration Packages English /Spanish

Special Food Package Only
Texas WIC Shopping Guide for No refrigeration
Effective October 1, 2012

Juice
6 pack of 5.5 or 6 oz. cans

Look For:

- Unsweetened 100% juice with vitamin C
- Approved brands and flavors only

Choose from these brands

Apple Big Tex H-E-B	Grapefruit Big Tex H-E-B Icusun	Orange Big Tex H-E-B Parade Texsun	Orange Pineapple Big Tex H-E-B	Pineapple H-E-B
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These juices will **not** be labeled with the pink "WIC Approved Item" stickers.

Only if listed on your WIC Shopping List

Juice
8 pack of 6.75 oz. boxes

Look For:

- Unsweetened 100% juice with vitamin C

Choose from this brand

Nestle Juicy Juice Apple or Grape

Powder Milk
9.6 oz., 25.6 oz., or 64 oz.

Choose any brand

For Exclusively Breastfeeding Women

Chunk Light Tuna
3 pack of 3 oz. tuna

Choose any brand

Look For:

- Regular or low sodium
- Packed in water

Don't Buy: Albacore, yellowfin, tongol, fillet, or gourmet tuna. Packed in oil or pouches

Pink Salmon
3 pack of 3 oz. salmon

Choose any brand

Look For:

- With or without skin and bones
- Packed in water

Don't Buy: Premium skinless and boneless, fillets, and red salmon. Packed in oil or pouches

Cheese
8 oz.

Look For:

- American, Cheddar, Colby, Colby-Jack, Monterey Jack & Mozzarella
- Reduced-fat and low-fat cheese are allowed

Choose from these brands

American Heritage	HEB	Lucerne
Bert's Choice	Hy-Top	Parade
Essential Everyday	KRAFT	Shurfine
Food Club	Kroger	Shurfresh

Don't Buy: Individually wrapped slices, shredded cheese, processed cheese food, cheese food product, cheese with jalapeno peppers, cheese from the deli, or imported cheese.

These cheeses will **not** be labeled with the pink "WIC Approved Item" sticker.

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Vietnamese Shopping Guides

Chọn Lựa Tốt Cho Gia Đình Mạnh Khỏe

Hướng Dẫn Mua Hàng
Hiệu lực 1 tháng 10, 2012



Tài liệu này chỉ dẫn cho mỗi thực phẩm WIC nếu bạn có thể chọn bất cứ hiệu nào, hoặc hiệu nhất định hoặc hiệu có nhãn đánh dấu màu hồng.

Nhiều tiệm không đủ mọi thực phẩm WIC chấp thuận.

WIC Approved Item

WIC Texas Bảng Hướng Dẫn Mua Hàng cho Trẻ Sơ Sinh Bú Sữa Nhi Đồng
Hiệu lực từ ngày 1 tháng Mười, 2012

Hiệu Similac Advance
Sữa bột 12.4 oz. hoặc Sữa đậm đặc 13 oz.

Hiệu Similac Sensitive
Sữa bột 12.6 oz. hoặc Sữa đậm đặc 13 oz.

Hiệu Gerber Good Start Soy
Sữa bột 12.9 oz. hoặc Sữa đậm đặc 12.1 oz.

* Nếu bạn cho con bú mẹ, hãy cho bú mỗi khi mẹ con bên nhau. Nếu bạn cần giúp về việc cho con bú mẹ, văn phòng WIC địa phương rất vui lòng giúp đỡ bạn!

* Số lượng sữa nhi đồng trên Danh Sách Mua Hàng của bạn sẽ thay đổi từng tháng khi con bạn lớn hơn.

* WIC không cung cấp cho bạn tất cả sữa nhi đồng mà con bạn có thể cần.

* WIC có thể cho bạn một loại sữa nhi đồng đặc biệt nếu con bạn cần vì những lý do y-học, nhưng bạn sẽ phải có toa bác sĩ.

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