



## Memorandum

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#14-116

**TO:** WIC Regional Directors  
WIC Local Agency Directors

**FROM:** Amanda Hovis, Director  
Nutrition Education/Clinic Services Unit  
Nutrition Services Section

**DATE:** October 2, 2014

**SUBJECT:** Fiscal Year (FY) 15 Vietnamese Shopping Guides and Shopping Guide Flyers for Special Food Packages

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The FY 15 Vietnamese Shopping Guide (E-WIC-34v and E-WIC-34-1v) and Shopping Guide flyers for the special food packages listed below are now posted and available for download from the WIC Catalog at <http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm> or the DSHS WIC website at [http://www.dshs.state.tx.us/wichd/approved\\_foods/new\\_foods.shtm](http://www.dshs.state.tx.us/wichd/approved_foods/new_foods.shtm).

Due to the limited issuance of these food packages, these flyers will not be printed and stocked in the warehouse. Local agencies will need to make copies as needed.

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

Attached you will find a *Reference Sheet for Shopping Guide Flyers and Vietnamese Shopping Guides* for use as a reference guide 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](mailto:paula.kanter@dshs.state.tx.us).

# Shopping Guide Flyers Effective October 1, 2014

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

## No Refrigeration Packages (WIC-34-5) English | Spanish

TEXAS WIC APPROVED FOODS SHOPPING GUIDE

**Special Food Package Only  
No Refrigeration**  
Effective October 1, 2014

**Juice**

**Look For:**

- 6 pack of 5.5 or 6 oz. cans
- Unsweetened, 100% juice with vitamin C
- Approved brands and flavors only

Choose from these brands:

HEB	Big Tex	Parade	Texsun
Apple	Apple	Orange	Grapefruit
Grapefruit	Grapefruit		Orange
Orange	Orange		
Orange/Pineapple			
Pineapple			

These juices will not be labeled with the pink "WIC Approved Item" stickers.

**Only if listed on your WIC Shopping List**

**Juice**

**Look For:**

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

Choose from these brands:

Nestle Juicy Juice

Apple Grape

These juices will not be labeled with the pink "WIC Approved Item" stickers.

**Powder Milk**

**Look For:**

- 9.6 oz., 25.6 oz., or 64 oz.
- Choose any brand

**For Exclusively Breastfeeding Women**

**Tuna and Salmon**

**Look For:**

**Tuna**

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

**Don't Buy:** Albacore, longtail, yellowfin, tilapia, premium select, or gourmet tuna. Packed in oil or pouches

Choose any brand

**Look For:**

**Salmon**

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

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

Choose any brand

**Cheese**

**Look For:**

- 8 oz.
- Block or sliced
- American, Cheddar, Colby, ColbyJack, Longhorn, Monterey Jack & Mozzarella
- Reduced-fat and lowfat cheese are allowed

Choose from these brands:

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

**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" stickers.

## Vietnamese Shopping Guides (WIC-34v and WIC-34-1v)

**★ TEXASWIC ★**

**Bảng Hướng Dẫn  
Mua Thực Phẩm  
Được Chấp Thuận**

Chọn Lựa Khôn Ngoan, Gia Đình Mạnh Khỏe  
Hiệu lực ngày 1 tháng 10, 2014

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

**Về những nhãn được chấp thuận hãy vào mạng: <http://www.dshs.state.tx.us/wichd/voflist.shtm>**

**Các tiệm có thể không đủ mọi thực phẩm WIC chấp thuận**

**BẢNG HƯỚNG DẪN MUA THỰC PHẨM ĐƯỢC CHẤP THUẬN CỦA TEXAS WIC**

**Sữa Nhi Đồng**  
Hiệu lực 1 tháng 10, 2014

**Hiệu Similac Advance**

sữa bột 12.4 oz. hoặc sữa đậm đặc 13 oz.

**Hiệu Gerber Good Start Soy**

sữa bột 12.9 oz. hoặc sữa đậm đặc 12.1 oz.

**Sữa mẹ là thực phẩm đầu tiên tốt nhất cho con bạn.**

Dùng sữa nhi đồng sẽ làm giảm nguồn sữa mẹ của bạn. Nếu bạn cần giúp trong việc cho con bú mẹ hoặc muốn biết chi tiết về những gói thực phẩm dành cho các bà nuôi con bằng sữa mẹ, hãy nói chuyện với nhân viên tại văn phòng WIC.

Lượng sữa nhi đồng trong Danh Sách Mua Hàng sẽ thay đổi từng tháng lúc con bạn lớn hơn.

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

WIC có thể cung cấp loại sữa nhi đồng khác nếu con bạn cần vì lý do sức khỏe, tuy nhiên phải có toa và sự chấp thuận của bác sĩ.

TEXAS Department of State Health Services  
WIC **ĐƯỢC CHẤP THUẬN**

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Cơ quan giữ bản quyền. EWIC-34-1V Rev. 10/14

# Shopping Guide Flyers Effective October 1, 2014

Downloadable from the WIC Catalog at <http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm> OR WIC website at [http://www.dshs.state.tx.us/wichd/approved\\_foods/new\\_foods.shtm](http://www.dshs.state.tx.us/wichd/approved_foods/new_foods.shtm)

## Gluten Free Foods (E13-06-13482) English|Spanish

TEXAS WIC APPROVED FOODS SHOPPING GUIDE  
Special Food Package Only  
**Gluten Free Foods**  
Effective October 1, 2014

### Cereals

#### Look For:

- 12 oz. General Mills Rice Chex only
- 12 oz. General Mills Corn Chex only



- 14 oz. Cream of Rice only
- 14 oz. Crema de Arroz only

The 18 oz. package is not allowed in the gluten free package.  
(No other WIC Approved cereals are allowed)

### Whole Grains

#### Brown Rice and Corn Tortillas

#### Look For:

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

Look for the WIC Approved Item sticker

**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 Texas WIC Approved Foods Shopping Guide are allowed on a gluten free diet.

Visit our website at [TexasWIC.org](http://TexasWIC.org)



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## Tofu and Soy Milk, Evaporated Milk or Powder Milk (E13-14003) English|Spanish

TEXAS WIC APPROVED FOODS SHOPPING GUIDE  
Special Food Package Only  
**Tofu and Soy Milk, Evaporated or Powder Milk**  
Effective October 1, 2014

### Tofu

#### Look For:

- 16 oz. (1 lb.) refrigerated
- Don't Buy:  
- Lite tofu  
- Seasoned tofu



Choose from these brands

Azumaya	Banyan	House Foods	Tasty Tofu
Silken	Soft	Medium	Soft
Firm	Medium Hard	Firm	Regular
Extra Firm	Hard	Extra Firm	Hard

### Soy Milk

#### Look For:

- 1/2 gallon (1.89 l)

Choose from these brands

8th Continent  
Original and Vanilla only

Great Value  
Original only (Walmart)

Silk  
Original only

Don't Buy: Organic, light or fatfree



### Evaporated Milk

#### Look For:

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

Choose any brand

Children 1 year old - whole milk  
Children 2 up to 5 years old & women - fatfree & low-fat (1%)  
Don't Buy: Evaporated filled milk or sweetened condensed milk



### Children 2 to 5 Years Old & Women

### Powder Milk

#### Look For:

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

Choose any brand



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## Exclusively Breastfeeding Multiple Infants (EWIC-34-6) English|Spanish

TEXAS WIC APPROVED FOODS SHOPPING GUIDE  
Special Food Package Only  
**Exclusively Breastfeeding Multiple Infants from the Same Pregnancy**  
Effective October 1, 2014

### Cheese

#### Look For:

- 8 oz.
- Block or sliced
- Reduced-fat and lowfat cheese are allowed.
- American, Cheddar, Colby, Colbyjack, Longhorn, Monterey Jack & Mozzarella



Choose from these brands

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

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

#### Look For:

- 20 or 24 oz. loaf

Choose from these brands

- Essential Everyday 100% Whole Wheat 24 oz. (UPC 041303 78082 4)
- Essential Everyday Honey Whole Wheat 24 oz. (UPC 041303 78083 0)
- HEB Bake Shop 100% Whole Wheat 24 oz. (UPC 041220 03278 5)
- Mrs Baird's 100% Whole Wheat 20 oz. (UPC 07070 00042 4)
- Nature's Own 100% Whole Wheat 20 oz. (UPC 072250 03712 9)
- Nature's Own Specialty 100% Whole Wheat 24 oz. (UPC 072250 91478 9)
- Private Selection 100% Whole Wheat Bread 24 oz. (UPC 011110 00197 9)
- Safeway 100% Whole Wheat 20 oz. (UPC 021130 18430 9)
- Sara Lee Soft & Smooth 100% Whole Wheat 20 oz. (UPC 072945 40154 3)
- Sara Lee Whole Wheat 20 oz. (UPC 072945 40134 5)

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



### Juice

#### Look For:

- 1 - 64 oz. fluid or 16 oz. frozen AND
- 3 - 48 oz. fluids or 12 oz. frozen
- 100% juice - 120% vitamin C
- Added calcium & vitamin D are allowed

Look for the WIC Approved Item sticker

- Don't Buy:  
- Juice with sugar or sweetener  
- Juice cocktail  
- Apple cider

For allowable flavors, refer to your Texas WIC Approved Foods Shopping Guide



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## Kosher Milk & Cheese (EWIC34-7) English|Spanish

TEXAS WIC APPROVED FOODS SHOPPING GUIDE  
Special Food Package Only  
**Kosher Milk and Cheese**  
Effective October 1, 2014

### Kosher Milk

#### Look For:

- 1/2 gallon
- 1 gallon

Children 1 year old - whole milk  
Children 2 up to 5 years old & women - fatfree & low-fat (1%)

Choose from these brands

Lamers Dairy  
Fresh & Tasty  
Pride of the Farm

Don't Buy: Calcium-fortified, high protein or flavored milk (such as chocolate)



### Kosher Cheese

#### Look For:

- 1 lb package

Choose from these brands

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



### For Exclusively Breastfeeding Multiple Infants from the Same Pregnancy

### Kosher Cheese

#### Look For:

- 8 oz.

Choose from these brands  
Haalam 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  
Tom Thumb 11920 Preston Road ..... 972-392-2501
- Houston**  
HEB 5417 S. Braeswood Blvd ..... 713-721-8781  
Kroger 10306 South Past Oak ..... 713-721-7691
- Richardson**  
Tom Thumb 1380 West Campbell Road ..... 972-680-6010
- San Antonio**  
HEB 8503 N.W. Military Hwy ..... 210-479-4300

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