



TEXAS WIC PROGRAM
Department of State Health Services
Food Issuance and Redemption Services Unit - MC 4554
P.O. Box 149347
Austin, TX 78714-9347
(512) 341-4425 1-800-252-9629 (Texas Only)

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WIC Participants **ARE ALLOWED FROZEN** Fruits & Vegetables

The **Texas WIC** Program **ALLOWS** participants the choice of fresh and/or **FROZEN Fruits & Vegetables**. Vendor Monitors performing Compliance Buys report they have been refused the purchase of Frozen Fruits and Vegetables in several stores; WIC client complaints support these findings.

Grocers are not mandated to carry frozen fruits and/or frozen vegetables as a part of their stocking requirements. However, if frozen fruits and vegetables are carried, WIC clients are allowed to purchase the authorized frozen fruits and vegetables.

The following information is contained in the brochures that are provided to participants **and** vendors.

FROZEN – Fruits

Allowed:

- Any variety, single fruit
- Any brand in a 9-ounce package or larger
- Any package type (box, bag)
- Organic

Not allowed:

- No added sugar or artificial sweetener
- No mixed fruits

Allowed:

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

Not allowed:

- **No white potatoes** such as French-fries, hash browns or any mixtures containing potatoes
- No mixed vegetables or beans
- No creamed, sauced, seasoned, or breaded vegetables
- No added sugars, fats, or oils
- No vegetables mixed with pasta, rice, or any other ingredients

FROZEN – Vegetables & Beans

Please adhere to this information for all sales involving the purchase of Frozen Fruits & Vegetables by WIC clients. If you have any questions or need further information, please contact the WIC State Office at 1-800-252-9629.

