

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 low-fat cheese are allowed.
- American, Cheddar, Colby, ColbyJack, Longhorn, Monterrey 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 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)
- Private Selection 100% Whole Wheat Bread 24 oz. (UPC 0 11110 00197 9)
- Safeway 100% Whole Wheat 20 oz. (UPC 0 21130 18430 9)
- Sara Lee Soft & Smooth 100% Whole Wheat 20 oz. (UPC 0 72945 60154 3)
- Sara Lee Whole Wheat 20 oz. (UPC 0 72945 60134 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

Visit our website at TexasWIC.org



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