

Cereal

High fiber ★ 100% folic acid
Folic acid is important to prevent birth defects.



18 oz. & 36 oz. only



18 oz. only



18 oz. & 36 oz. only



18 oz. only



18 oz. & 36 oz. only



18 oz. only



18 oz. & 36 oz. only



18 oz. only with vanilla clusters only



18 oz. box & 36 oz. bag only



18 oz. box & 18 oz. & 36 oz. bags only



18 oz. box & 36 oz. bag only



18 oz. box & 36 oz. bag only

Package designs may vary due to changes by manufacturer.

Cereals may only be purchased in the sizes shown here.

18 oz.

18 oz.

36 oz.

Peanut Butter and Eggs



18 oz. size

Any brand.
Creamy or crunchy without honey, jelly or candy pieces.
No reduced fat or peanut spreads.



Dozen

Any brand. Grade A or AA Large, Medium or Small
No Extra Large or Jumbo.
No brown, fertile, free-range or specialty eggs
(like EGG-LAND'S BEST or EggsPlus).

Dried Beans

Look for the pink sticker **WIC** Approved Item to find the brand you must buy in the store where you are shopping. You must buy the brand the store declares as the least expensive brand.



New October 2008

1 lb. package



Store Declared Least Expensive Brand.
Pinto beans, Black beans, Navy beans, Split peas and Lentils.
No seasoned or bulk.

WIC Vendors – You must mark shelves containing your Declared Traditionally Least Expensive Brands of beans with the pink sticker **WIC** Approved Item.

For more information

Clients call 1-800-942-3678

Vendors call 1-800-252-9629

<http://www.dshs.state.tx.us/wichd/>

This institution is an equal-opportunity provider.



© 2008. Texas Department of State Health Services. Nutrition Services Section. All rights reserved.

stock no. WIC-34 08/08



TEXAS WIC APPROVED FOODS

Effective October 1, 2008

Some stores may not carry every WIC approved food because of cost or availability.

Milk and Cheese

Look for the pink sticker **WIC** Approved Item to find the brand you must buy in the store where you are shopping. You must buy the brand the store declares as the least expensive brand.



1 or 2 lb. packages

Store Declared Least Expensive Brand.
American, Cheddar, Colby, Colby-Jack, Longhorn, Monterey Jack and Mozzarella.
Reduced-fat and low-fat cheese is allowed.
No individually wrapped slices or shredded cheese.
No processed cheese food/product or Velveeta®.
No cheese from the deli.



Store Declared Least Expensive Brand.
Whole, reduced-fat, low-fat, or fat-free milk – ½ or 1 gallon size only
Buttermilk – ½ gallon size only
No flavored milk or calcium-fortified milk



Store Declared Least Expensive Brand.
Lactose Free milk
Whole, reduced-fat, low-fat or fat-free ½ gallon size only
No calcium-fortified milk or milk with soy protein.

Store Declared Least Expensive Brand.

Nonfat dry powder milk – 9.6 oz., 25.6 oz., & 64 oz. box



Store Declared Least Expensive Brand.
Evaporated canned milk – Whole, low-fat or fat-free 12 oz. size

WIC Vendors – You must mark shelves containing your Declared Traditionally Least Expensive Brands of milk and cheese with the pink sticker **WIC** Approved Item.