

Texas WIC Approved Foods Shopping Guide
Smart Choices, Healthy Families
Effective October 1, 2016

“I’m glad there is a program like WIC out there to help mothers and babies get what they need to be healthy.”

Use this guide to find out which brands of food are OK to get with your WIC card or get a list of all WIC approved brands at www.dshs.texas.gov/wichd/vo/flist.shtm.

Some stores will not carry every WIC approved food or brand.

Make shopping for WIC approved foods easy. Go through this guide before you go to the store.

When you see:

Choose Any Brand – You may pick any brand of this food.

Choose These Brands – Choose food from one of the brands listed in the guide.

Look for the Pink WIC Sticker – Choose brands tagged with the pink *WIC Approved Item* sticker. These brands may be different at each store. Not all stores will carry every WIC approved food item in this guide.

NOT WIC APPROVED: Tells you what is not an approved food.

Special Food Package Only (pages 11-15) – Your WIC staff will explain shopping for the Special Food Packages if you get:

- Exclusively Breastfeeding Twins, Triplets or More
- Lactose-Free Milk, Tofu and Soy Milk, Evaporated Milk or Powder Milk
- No Refrigeration
- Kosher Milk and Cheese

Look for the approved food item sticker when shopping for specific WIC Approved Foods

WIC cards are not accepted at self-service checkouts.

WIC Approved Foods

Milk

Look for the pink sticker

Children 1 Year Old - whole-milk - no buttermilk

Children 2 to 5 Years Old & Women - fat-free, low-fat (1/2% & 1%) & buttermilk

- 1 quart (945 mL)
- 1/2 gallon (1.89 L)
- 1 gallon (3.78 L)

Non-fat & low-fat buttermilk:

- 1/2 gallon (1.89 L)

Carton or plastic container

NOT WIC APPROVED: Calcium-fortified, high-protein, organic, flavored milk (such as chocolate), milk with DHA or omega-3, rice milk, or goat’s milk

Lactose-Free Milk

Choose any brand

Children 1 Year Old - whole-milk

Children 2 to 5 Years Old & Women - fat-free & low-fat (1%)

- 1/2 gallon (1.89 L)

NOT WIC APPROVED: Calcium-fortified, high-protein, organic, flavored milk (such as chocolate), milk with DHA or omega-3

Cheese

Look for the pink sticker

- 16 oz. (1 lb.) or 32 oz. (2 lb.) packages
- Block or sliced
- Regular, reduced-fat & low-fat
- American, Cheddar, Colby, Colby-Jack, Longhorn, Monterey Jack, & Mozzarella
- Mozzarella string cheese (16 sticks)

NOT WIC APPROVED: Individually wrapped slices, shredded cheese, processed-cheese food, cheese-food product, cheese with

jalapeño peppers, cheese from the deli, or imported cheese

Eggs

Choose any brand

- One dozen carton
- Grade A or AA
- Large, medium, or small

NOT WIC APPROVED: Extra-large, jumbo, brown, fertile, free-range, cage-free, organic, omega-3, with added vitamins or minerals (such as Eggland's Best)

Yogurt

Children 1 Year Old

- Whole-milk yogurts
- 2 lb. (32 oz./907g) containers

Brown Cow

- Cream Top Plain & Vanilla

Freanna

- Plain

Dannon

- All Natural - Plain

Mountain High

- Original Style Yoghurt - Plain, Vanilla & Strawberry

Stonyfield

- Plain & French Vanilla

Children 2 to 5 Years Old & Women

- Low-fat and non-fat yogurts
- 2 lb. (32 oz./907g) containers

Brown Cow

- Non-fat Plain & Vanilla

Dannon

- All Natural Lowfat Yogurt - Plain & Vanilla
- All Natural Nonfat Yogurt - Plain, Strawberry & Strawberry Banana

Hiland

- Lowfat Plain, Vanilla, Peach & Strawberry

LALA

- Lowfat Plain

Mountain High

- Lowfat Yoghurt - Plain & Vanilla
- Fat Free Yoghurt - Plain & Vanilla

Stonyfield

- Lowfat - Plain, French Vanilla, Banana & Strawberry
- Fat Free - Plain & French Vanilla

Yoplait

- Nonfat Yogurt - Plain
- Original Smooth Style (Low Fat) Vanilla, Strawberry, Harvest Peach & Strawberry Banana

NOT WIC APPROVED: Greek, fruit on the bottom, whipped, or with stir in ingredients

HELPFUL TIP: The clear liquid on top of yogurt is loaded with important nutrients including protein and calcium. Stir it in!

Fruits, Vegetables and Beans

Choose any brand

Fresh

- Single or mixed
- Organic or regular

- Whole, pre-cut, or packaged
- Bagged salad, fruits, or vegetables
- Beans or peas such as fresh lima beans or blackeyed peas

NOT WIC APPROVED:

- Items from the salad bar, party trays, or fruit baskets
- Bagged salad with dressing or croutons
- Decorative or ornamental fruits or vegetables (such as garlic on a string, painted pumpkins, gourds)
- Pico de gallo
- Nuts, trail mix, or dried fruits and vegetables
- Bulk dried beans
- Spices or herbs (such as cilantro, parsley, chives, or mint)

Frozen

- Single or mixed
- Organic or regular
- With or without salt or herbs
- Any package type

NOT WIC APPROVED:

- Creamed, sauced, specially-seasoned, or breaded vegetables
- With added sugars, artificial sweeteners, fats, or oils
- Vegetables mixed with pasta, rice, or any other ingredients

Juice

Look for the pink WIC sticker

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

Juice (Plastic)

Children 64 oz. & Women 48 oz.

- Apple
- Pineapple
- Grapefruit
- Pineapple Mango
- Orange
- Vegetable
- Orange Mango
- Purple Grape
- Orange Pineapple
- White Grape

Refrigerated Juice (Carton or Plastic)

Children 64 oz.

- Orange

Frozen Juice

Children 16 oz.

- Apple
- Orange

Women 11.5 oz. - 12 oz.

- Apple
- Grapefruit
- Purple Grape
- Orange
- White Grape

NOT WIC APPROVED: Juice cocktail/drinks, apple cider, juice with added sugar or sweetener

Whole grains

Look for the pink WIC sticker

Bread

- 16 oz. (1 lb.) loaves
- 100% whole-wheat

NOT WIC APPROVED: Sugar-free

Tortillas

Look for the pink WIC sticker

- 16 oz. (1 lb.) package
- Yellow or white-corn
- 100% whole-wheat refrigerated or shelf

NOT WIC APPROVED: White-flour tortillas

Brown Rice

Look for the pink WIC sticker

- 16 oz. (1 lb.) package

NOT WIC APPROVED: White rice, added seasonings, sugar, fat, oil, or salt

Oatmeal

Choose these brands

- 16 oz. (1 lb.) package

Granvita Oats

3-Minute Brand Quick or Old Fashioned Oats

Best Choice Quick or Old Fashioned Oats

Mom's Best Naturals Quick or Old Fashioned Oats

Pasta

Choose these brands

- 16 oz. (1 lb.) box or bag
- 100% whole-wheat

Pasta Brands

Barilla

Food Club

Full Circle

Hodgson Mill

Kroger

Natural Directions

O Organics

Racconto

Ronzoni Healthy Harvest

Shurfine

Simple Truth

Types

- Angel Hair
- Campellini
- Elbows
- Farfelle
- Fusilli
- Linguine
- Penne
- Penne Rigate
- Rigatoni
- Rotini

- Shells
- Spaghetti
- Spirals
- Thin Spaghetti
- Veggie Bows

Canned Beans

Choose these brands

Children 2 to 5 Years Old & Women

- 15 oz. to 16 oz. cans
- Regular or Low Sodium

Allen

- Black Beans
- Blackeye Peas
- Dark Red Kidney Beans
- Great Northern Beans
- Pinto Beans

Bush's Beans

- Black Beans
- Blackeye Peas
- Cannellini Beans
- Dark Red Kidney Beans
- Fat Free Refried Beans (Cocina Latina)
- Great Northern Beans
- Pinto Beans

Casa Fiesta

- Pinto Beans
- No Fat Refried Black Beans
- No Fat Refried Beans
- Whole Black Beans

Ortega

- Black Beans
- Fat Free Refried Beans

Progresso

- Black Beans

Trappey's

- Light Red Kidney Beans

Goya

- Black Beans
- Blackeye Peas
- Cannelini Beans
- Pinto Beans
- Red Kidney Beans

NOT WIC APPROVED: Chili beans, beans with snaps, jalapeño peppers, bacon, pork, oils, Bush's Best Seasoned Recipe, or soups

Dried Beans

Look for the WIC pink sticker

- 16 oz. (1 lb.) packages
- Black beans, navy beans, pinto beans, green-split peas, and lentils

NOT WIC APPROVED: Added seasonings, bulk or mixed beans

Peanut Butter

Choose any brand

- 16 to 18 oz. jar
- Creamy or crunchy

NOT WIC APPROVED: Peanut spread, reduced-fat, organic, with honey, chocolate, marshmallows, jelly, candy pieces, or omega-3

How to Buy Beans & Peanut Butter for Children 2 to 5 Years Old & Women. One item equals:

1 package dry beans, lentils, peas or 4 cans of beans or 1 jar peanut butter

Breakfast Cereal

Choose these brands

- 18 & 36 oz. packages only

Higher in Whole Grain

Gluten Free

- **Whole Grain Cream of Wheat** 18 oz. - Higher in Whole Grain
- **Malt-O-Meal Original** 18 oz. & 36 oz.
- **Instant Grits Original** 18 oz.
- **Cheerios** 18 oz. & 36 oz. - Higher in Whole Grain - Gluten Free
- **Multi-Grain Cheerios** 18 oz. & 36 oz - Higher in Whole Grain - Gluten Free
- **Dora** 18 oz.
- **KIX** 18 oz. - Higher in Whole Grain
- **Corn Chex** 18 oz. - Gluten Free
- **Rice Chex** 18 oz. - Gluten Free
- **All-Bran Complete Wheat Flakes** 18 oz. - Higher in Whole Grain
- **Corn Flakes** 18 oz. & 36 oz.
- **Mini Wheats** 18 oz. & 36 oz. - Higher in Whole Grain
- **Rice Krispies** 18 oz.
- **Special K Original** 18 oz
- **Grape-Nuts Flakes** 18 oz. - Higher in Whole Grain
- **Honey Bunches of Oats Honey Crunch** 18 oz. - Higher in Whole Grain
- **Honey Bunches of Oats Vanilla Bunches** 18 oz. - Higher in Whole Grain
- **Honey Bunches of Oats Almond Crunch** 18 oz. - Higher in Whole Grain
- **Honey Bunches of Oats with Almonds** 18 oz.
- **Honey Bunches of Oats Honey Roasted** 18 oz.
- **Life Original** 18 oz. - Higher in Whole Grain
- **Corn Flakes** 18 oz, box & bag - Higher in Whole Grain
- **Scooters** 18 oz. & 36 oz. bag - Higher in Whole Grain
- **Crispy Rice** 18 oz. box & bag, 36 oz. bag
- **Mini Spooners Blueberry** 18 oz. & 36 oz., bag - Higher in Whole Grain
- **Mini Spooners Frosted** 18 oz. box & bag, 36 oz. bag - Higher in Whole Grain
- **Mini Spooners Strawberry Cream** 18 oz. box & bag, 36 oz. bag - Higher in Whole Grain
- **Oat Blenders with Honey** 18 oz. box & bag & 36 oz. bag
- **Oat Blenders with Honey & Almonds** 18 oz. box & bag, 36 oz. bag

Infant 6 to 12 Months

Baby Cereal

Choose these brands

- Gerber MultiGrain 8 oz. & 16 oz.
- Gerber Oatmeal 8 oz. & 16 oz.
- Gerber Rice 8 oz. & 16 oz.
- Gerber Whole Wheat 8 oz. only

NOT WIC APPROVED: Cereal with fruit, formula, DHA, added ingredients, or organic

Baby Fruits and Vegetables

- 4 oz. single container or 2-pack
- Regular or organic
- Single or mixed fruits and/or vegetables

NOT WIC APPROVED:

- Dinners, desserts, toddler foods, diced fruits or vegetables, or baby food in pouches
- With added ingredients such as: cereal, oatmeal, chia, amaranth, quinoa, rice, pasta, yogurt, meat, DHA, sugar, salt or starches (such as rice flour or tapioca)

Helpful tip: 2 pack of baby food equals 2 containers.

Exclusively Breastfeeding Infants 6 to 12 Months

Baby Meats

Choose any brand

- 2.5 oz. single container – no multi-pack
- Regular or organic
- Any single meat with broth or gravy such as chicken, beef, turkey, or ham

NOT WIC APPROVED: Dinners, meat with vegetables or fruit, DHA, sugar, or salt

Exclusively Breastfeeding Women

Tuna

Choose any brand

- 5 to 6 oz. can
- Chunk light
- Packed in water
- Regular or low sodium

NOT WIC APPROVED: Albacore, tongol, yellowfin, fillet, premium-select, gourmet tuna, or packed in oil or pouches

Salmon

Choose any brand

- 5 to 6 oz. can
- Pink salmon
- Packed in water
- Skin and bones allowed

NOT WIC APPROVED: Premium skinless and boneless, smoked, fillets, red salmon, or packed in oil or pouches

Special Food Packages

Special Food Package Only

Exclusively Breastfeeding Twins, Triplets or More

Cheese

Choose These Brands

- 8 oz.
- Block or sliced
- Regular, reduced-fat & low-fat
- American, Cheddar, Colby, Colby-Jack, Longhorn, Monterey Jack, & Mozzarella

American Heritage

Best Choice

Brookshire

Essential Everyday

Food Club

Great Value

HEB

Hy•Top

Kraft

Kroger

Lucerne

Parade

Shurfine

Shurfresh

NOT WIC APPROVED: Individually wrapped slices, shredded cheese, processed-cheese food, cheese-food product, cheese with jalapeño peppers, cheese from the deli, or imported cheese

HELPFUL TIP: These cheeses will not be labeled with the pink *WIC Approved Item* stickers.

Bread

Choose these brands

- 20 or 24 oz. loaf

Essential Everyday 100% Whole Wheat 24 oz.

Essential Everyday Honey Whole Wheat 24 oz.

HEB Bake Shop 100% Whole Wheat 24 oz.

Mrs Baird's 100% Whole Wheat 20 oz.

Nature's Own 100% Whole Wheat 20 oz.

Nature's Own Specialty 100% Whole Wheat 24 oz.

Private Selection 100% Whole Wheat 24 oz.

Signature Kitchen 100% Whole Wheat 20 oz.

Sara Lee Soft & Smooth 100% Whole Wheat 20 oz.

Sara Lee Whole Wheat 20 oz.

HELPFUL TIP: These breads will not be labeled with the pink *WIC Approved Item* stickers.

Juice

Look for the pink sticker

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

NOT WIC APPROVED: Juice cocktail/drinks, apple cider, juice with added sugar or sweetener

Special Food Package Only

Lactose-Free Milk, Tofu and Soy Milk, Evaporated Milk or Powder Milk Lactose-Free Milk

Children 1 Year Old - whole milk

Children 2 to 5 Years Old & Women - fat-free

& low-fat (1%)

- 1/2 gallon (1.89 L)

NOT WIC APPROVED: Calcium-fortified, high-protein, organic, flavored milk (such as chocolate), milk with DHA or omega-3

Soy milk

Choose these brands

- 1/2 gallon (1.89 L)

8th Continent

- Original & Vanilla

Great Value

- Original (Walmart)

Silk

- Original in 1/2 gallon (1.89 L) or twin-pack

NOT WIC APPROVED: Organic, light or fat-free

Tofu

Choose these brands

- 16 oz. (1 lb.) refrigerated

Azumaya

Silken

Firm

Extra Firm

Banyan

Soft

Medium Hard

Hard

House Foods

Medium Firm

Firm

Extra Firm

O Organics

Super Firm

Firm

Tasty ToFu

Soft

Regular

Hard

NOT WIC APPROVED: Lite tofu or seasoned tofu.

Evaporated Milk

Choose any brand

Children 1 Year Old - whole milk

Children 2 to 5 Years Old & Women - fat-free & low-fat (1%)

- Fortified with vitamins A & D

- 12 oz.

NOT WIC APPROVED: Evaporated filled milk or sweetened-condensed milk

Dry Powder Milk

Choose any brand

Children 2 to 5 Years Old & Women

- Fortified with vitamins A & D

- 9.6 oz., 25.6 oz. & 64 oz.

Special Food Package Only

No Refrigeration

Juice

Choose these brands

- 6 pack of 5.5 or 6 oz. cans

- Unsweetened 100% juice with vitamin C

Big Tex

Apple

Grapefruit

Orange

Orange Pineapple

Pineapple

Parade

Orange

Texsun

Grapefruit

Orange

HELPFUL TIP: These juices will not be labeled with the pink *WIC Approved Item* stickers.

Juice

Choose these brands

Only if listed on your WIC Shopping List

- 8 pack of 6.75 oz. boxes

- Unsweetened 100% juice with vitamin C

Nestle Juicy Juice

- Apple

- Grape

Dry Powder Milk

Choose any brand

Only if listed on your WIC Shopping List

Children 2 to 5 Years Old & Women

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

Cheese

Choose these brands

Exclusively Breastfeeding Women

- 8 oz.
- Block or sliced
- Reduced-fat & low-fat cheese
- American, Cheddar, Colby, Colby-Jack, Longhorn, Monterey Jack & Mozzarella

American Heritage

Best Choice

Brookshire

Essential Everyday

Food Club

Great Value

HEB

Hy•Top

Kraft

Kroger

Lucerne

Parade

Shurfine

Shurfresh

NOT WIC APPROVED: Individually wrapped slices, shredded cheese, processed-cheese food, cheese-food product, cheese with jalapeño peppers, cheese from the deli, or imported cheese

HELPFUL TIP: These cheeses will not be labeled with the pink *WIC Approved Item* stickers.

Special Food Package Only

No Refrigeration

Exclusively Breastfeeding Women

Tuna

Choose any brand

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

NOT WIC APPROVED: Albacore, tongol, yellowfin, fillet, premium-select, gourmet tuna, or packed in oil or pouches

Salmon

Choose any brand

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

NOT WIC APPROVED: Premium skinless and boneless, smoked, fillets, red salmon, or packed in oil or pouches

Special Food Package Only

Kosher Milk and Cheese

Kosher Cheese

Choose these brands

- 1 lb. package

Miller's Mozzarella

Natural & Kosher Mozzarella (block or sliced)

Natural & Kosher White American

Choose these brands

Exclusively Breastfeeding Twins, Triplets or More

- 8 oz.

Haolam Cheddar Stick

Kosher Milk

Choose these brands

Children 1 Year Old - whole milk

Children 2 to 5 Years Old & Women -

fat-free & low-fat (1%)

- 1/2 gallon (1.89 L)
- 1 gallon (3.78 L)

Lamers Dairy

Fresh & Tasty

Pride of the Farm

NOT WIC APPROVED: Calcium-fortified, high-protein, flavored milk (such as chocolate)

HELPFUL TIP: See page 15 for list of stores that carry kosher food.

Several stores that carry kosher milk and cheese

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

Minyard Sun Fresh Market 7007 Arapaho Road..... 214-387-8996

Tom Thumb 11920 Preston Road..... 972-392-2501

Houston

HEB 5417 S. Braeswood Blvd 713-721-8781

Kroger 10306 South Post Oak 713-721-7691

Richardson

Tom Thumb 1380 West Campbell Road 972-680-6010

San Antonio

HEB 8503 NW Military Hwy 210-479-4300

Breastfeeding mothers on WIC get:

- More WIC foods.
- WIC benefits longer.
- Breastfeeding support.

For breastfeeding support and information call: Texas Lactation Support Hotline 1-855-550-6667 (MOMS)

Buying Fruits and Vegetables

Use this chart to help you shop.

1. What is the price per pound (lb.)?
2. Place the fruit or vegetable on the scale to weigh it.
3. Round the weight up to the nearest pound (lb.) or 1/2 pound (lb.).
4. Match the price per lb. and the weight to the chart below.

Price per lb.	1 lb.	1½ lbs.	2 lbs.	2½ lbs.	3 lbs.	3½ lbs.	4 lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96

Texas WIC Shopping List shows:

- Your monthly food benefits
- Your next appointment

Store receipt shows

- Your remaining monthly food benefits

Always review your receipt at the store to make sure your WIC purchases are correct.

Save your receipt for your next shopping trip.

Lost your store receipt?

- You can get a new balance at the grocery store or a Shopping List at your WIC clinic.
- Food benefit balances cannot be obtained by phone

For more information

WIC participants call 1-800-942-3678 or visit www.texaswic.org

Vendors visit www.dshs.texas.gov/wichd/vo/v01.shtm

Texas WIC has videos to help you shop

YouTube: www.youtube.com/TexasDSHS

Follow us on Twitter and Facebook: @ TexasDSHS

WIC helps you make amazing kids!

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