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**#15-093**

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

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

**DATE:** August 31, 2015

**SUBJECT:** Changes to WIC Approved Foods Starting October 1, 2015

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Starting October 1<sup>st</sup>, WIC will allow organic baby food meats and multipacks of baby fruits and vegetables (not including baby food meats). In addition, there will be four gluten-free cereals that will be part of the standard food package:

- Rice Chex –18 oz.
- Corn Chex – 18 oz.
- Multi-grain Cheerios – 18 oz. and 36 oz.
- Cheerios – 18 oz. and 36 oz.

These will be identified as gluten-free in the Texas WIC Shopping Guide to assist participants select the appropriate cereals. Additional changes to the WIC approved foods list are listed below as additions or removals.

### ADDITIONS

#### Baby Food

- Organic baby meats
  - Full Circle (Albertson's and United)
  - O Organics (Randall's and Tom Thumb)
  - Yummy Organics (HEB)
- Multipacks of baby food
  - Gerber

#### Whole Wheat Pasta

- Barilla
  - Penne and Spaghetti
- Hodgson Mills
  - Veggie Bows

**Soy Milk - Silk** – Original Soy Milk – Twin Pack (two 64 oz.)

## Canned Beans – Reduced Sodium Cannellini Beans

### ADDITIONS (continued)

#### Cereals

- Malt-O-Meal
  - Blueberry Mini Spooners – 18 oz. box & bag / 36 oz. box & bag
  - Scooters – 18 oz. & 36 oz. bag
  - Oat Blenders *with Honey* and *Honey & Almonds* – adding 18 oz. bags
  
- Post
  - Honey Bunches of Oats *Whole Grain Honey Crunch* and *Almond Crunch* – 18 oz. boxes
  - Honey Bunches of Oats *Honey Roasted* and *with Almonds* – 36 oz. boxes

### REMOVALS

(After December 31, 2015)

#### Cereals

- B & G Foods (gluten-free package)
  - Cream of Rice – 14 oz.
  - Cream of Rice/Crema de Arroz – 14 oz.
  
- General Mills (gluten-free package)
  - Corn Chex – 12 oz.
  - Rice Chex – 12 oz.
  - Go Diego Go – 18 oz. (no longer on the market)
  
- Kellogg's
  - Scoobie Doo – 18 oz. box (no longer on the market)

#### Oatmeal

- Better Valu
- Shurfine
- Simple Truth

The Shopping Guides and WIC Approved Foods poster effective October 1, 2015 will be shipped to local agencies at the end of August through the second week of September.

If you have any questions, contact Paula Kanter, Nutrition Specialist, at [paula.kanter@dshs.state.tx.us](mailto:paula.kanter@dshs.state.tx.us) or 512-341-4574.