



Memorandum

#16-071

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: August 2, 2016

SUBJECT: Changes to the Approved Foods Effective October 1, 2016

Attached to this memo is a flyer for your WIC clients that announces the major food changes for October 1st. The flyer is in the process of being printed and each local agency will receive a shipment that is expected to go out mid-August.

Please make copies of the attachment to provide to your clients until your shipment arrives. The flyer will fit as an insert in the back of the Shopping Guide and is primarily intended for clients who will not receive the new Shopping Guide until after October 1st. However, LAs may want to continue using the insert until December to continue showing the major changes.

This memo also includes a complete list of the approved foods additions and removals for October 1st for local agency staff information.

If you have any questions or need additional information, contact Paula Kanter, Clinic Nutrition Specialist, at paula.kanter@dshs.state.tx.us or 512-341-4574.

Approved Food Changes

Effective October 1, 2016

▶ String Cheese

WIC Approved Item

Look for the pink WIC Approved Item Sticker

- 16 oz. packages (16 sticks)

Here's a list of just **some** of the brands you can look for:

Best Choice

Kraft

Lucerne

Coburn Farms

Kroger

Shurfine



More brands of yogurt and whole wheat pasta

▶ Yogurt

Children 1 Year Old

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

Brown Cow

- Cream Top Plain & Vanilla

Freanna

- Plain

Mountain High

- Original Style Yoghurt - 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

- Nonfat Plain & Vanilla

Dannon

- All Natural Nonfat Yogurt - Strawberry & Strawberry Banana

Hiland

- Lowfat Plain, Vanilla, Peach & Strawberry

LALA

- Lowfat Plain

Stonyfield

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

▶ Whole Wheat Pasta (as a whole grain choice)

- 16 oz. (lb.) box & bag

Brands

Food Club

Full Circle

Kroger

Natural Directions

O Organics

Rozoni Healthy Harvest

Shurfine

Simple Truth

Types

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



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Texas WIC Approved Foods
Changes Effective October 1, 2016 (FY17)

Adding October 1, 2016:

Frozen Fruits & Vegetables

- Allowing any package size (removing 9 oz. package or larger requirement)

Cheese

- String cheese – 16 oz. packages (least expensive brand)

Cereals – 18 oz.

- **Malt-O-Meal**
 - Corn Flakes – 18 oz. box and bag
 - Crispy Rice – 18 oz. box and bag (gluten-free)

Tofu – 16 oz.

- **O Organics**
 - Organic Sprouted Tofu - Super Firm

Whole Wheat Pasta – 16 oz. (national and private label brands)

- **Barilla**
 - Whole Grain Angel Hair
 - Whole Grain Elbows
 - Whole Grain Linguine
 - Whole Grain Rotini
 - Whole Grain Medium Shells
 - Whole Grain Thin Spaghetti
- **Food Club**
 - Whole Wheat Penne Rigate
 - Whole Wheat Spaghetti
- **Full Circle**
 - Organic Whole Wheat Angel Hair
 - Organic Whole Wheat Spaghetti
- **Kroger**
 - Whole Wheat Penne Rigate
 - Whole Grain Rotini
 - Whole Grain Spaghetti
 - Whole Wheat Thin Spaghetti
- **Natural Directions**
 - Organic Whole Wheat Fusilli
 - Organic Whole Wheat Penne Rigate
 - Organic Whole Wheat Spaghetti
- **O Organics**
 - Whole Wheat Rotini
 - Whole Wheat Spaghetti
- **Ronzoni Healthy Harvest**
 - Whole Grain Linguini
 - Whole Grain Penne Rigate
 - Whole Grain Rotini
 - Whole Grain Spaghetti
 - Whole Grain Thin Spaghetti

Whole Wheat Pasta (continued)

- **Shurfine**
 - Whole Wheat Penne Rigate
 - Whole Wheat Spaghetti

- **Simple Truth**
 - Organic Whole Wheat Penne Rigate
 - Organic Whole Wheat Rotini
 - Organic Whole Wheat Spaghetti

Yogurt – 32 oz.

Whole Milk

- **Brown Cow**
 - Cream Top Plain
 - Cream Top Vanilla
- **Freanna**
 - Whole Milk Plain
- **Mountain High**
 - Whole Milk Strawberry
- **Stonyfield Organic**
 - Whole Milk Plain – Smooth and Creamy
 - Whole Milk French Vanilla – Smooth and Creamy

Low-fat and Non-fat

- **Brown Cow**
 - Non-fat Plain – Smooth and Creamy
 - Non-fat Vanilla – Smooth and Creamy
- **Dannon All Natural**
 - Non-fat Strawberry
 - Non-fat Strawberry Banana
- **Hiland**
 - Low-fat Peach
 - Low-fat Strawberry
 - Low-fat Plain
 - Low-fat Vanilla
- **LALA**
 - Low-fat Plain
- **Stonyfield Organic**
 - Fat Free French Vanilla – Smooth and Creamy
 - Fat Free Plain – Smooth and Creamy
 - Low-fat Banilla – Smooth and Creamy
 - Low-fat French Vanilla – Smooth and Creamy
 - Low-fat Plain – Smooth and Creamy
 - Low-fat Strawberry – Smooth and Creamy

Canned Beans – 15.5 – 16 oz.

- **Bush's**
 - Light Red Kidney Beans
 - Reduced Sodium Great Northern Beans
- **Goya**
 - Dark Kidney Beans
 - Low Sodium Dark Kidney Beans

Dropping after December 31, 2016:

Cereals

- **Malt-O-Meal**
 - Blueberry Mini Spooners – 18 & 36 oz. boxes (discontinued)
 - Frosted Mini Spooners – 36 oz. box (discontinued)
 - Strawberry Mini Spooners – 36 oz. box (discontinued)
 - Scooters – 18 & 36 oz. bags (discontinued)

- **Post**
 - Honey Bunches of Oats with Almond – 36 oz. (discontinued)
 - Honey Bunches of Oats Honey Roasted – 36 oz. (discontinued)