



TEXAS  WIC

# APPROVED FOODS SHOPPING GUIDE

SMART CHOICES • HEALTHY FAMILIES

Effective October 1, 2015



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

## How to Use Your Texas WIC Shopping Guide

**M**ake 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** Your WIC staff will explain shopping for the Special Food Packages if you get lactose-free milk, soy milk/tofu, kosher milk/cheese, no refrigeration, or women exclusively breastfeeding twins, triplets or multiples package.

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



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

**Some stores will not carry each WIC approved brand.**

## Milk

Look for the Pink WIC 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) only

**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



## Cheese

Look for the Pink WIC Sticker

- 1 or 2 lb. packages
- Block or sliced
- Regular, reduced-fat & low-fat
- American, Cheddar, Colby, Colby-Jack, Longhorn, Monterey Jack, & Mozzarella

**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

Choose These Brands

**Children 1 Year Old**

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

**Dannon**

- All Natural – Plain

**Mountain High**

- Original Style Yoghurt – Plain & Vanilla

**Children 2 to 5 Years Old & Women**

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

**Dannon**

- All Natural Lowfat Yogurt – Plain & Vanilla
- All Natural Nonfat Yogurt – Plain

**Mountain High**

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

**Yoplait**

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

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



# Fruits, Vegetables & Beans

Choose Any Brand

## Fresh

- Single or mixed
- Whole, pre-cut, or packaged
- Organic or regular
- Bagged salad, fruits, or vegetables



## 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
- 9 oz. package or larger
- 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

**HELPFUL TIP:** See chart on tips for buying fruits and vegetables on page 16.



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

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

# Whole Grains

## Bread

Look for the Pink WIC Sticker

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

**NOT WIC APPROVED:** Sugar-free



## 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



## 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



## 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.) package
- 100% whole-wheat

**Racconto**

- Capellini
- Elbows
- Farfalle
- Linguine
- Penne Rigate
- Rigatoni
- Rotini
- Spaghetti



**Hodgson Mill**

- Angel Hair
- Elbows
- Spaghetti
- Thin Spaghetti
- Spirals
- Veggie Bows



**Barilla**

- Penne
- Spaghetti



# Canned Beans

Choose These Brands



**Children 2 to 5 Years Old & Women**

- 15 oz. to 16 oz. cans

**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
- Great Northern Beans
- Pinto Beans
- Reduced Sodium
  - Black Beans
  - Cannellini Beans
  - Dark Red Kidney Beans
  - Pinto Beans

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

**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

**Trappery's**

- Light Red Kidney Beans

**Goya**

- Black Beans
- Blackeye Peas
- Cannellini Beans
- Pinto Beans
- Red Kidney Beans
- Low Sodium
  - Black Beans
  - Red Kidney Beans
  - Pinto Beans

## Dried Beans

Look for the Pink WIC 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

**HELPFUL TIP:** How to buy beans & peanut butter for children 2 to 5 years old & women. One item equals:



# Breakfast Cereal

Choose These Brands

• 18 & 36 oz. packages only

 Higher in Whole Grain

 Gluten Free



**Whole Grain Cream of Wheat**  
18 oz.



**Malt-O-Meal Original**  
18 oz. & 36 oz.



**Instant Grits Original**  
18 oz.



**Cheerios**  
18 oz. & 36 oz.



**Honey Bunches of Oats**  
Vanilla Bunches  
18 oz.



**Honey Bunches of Oats**  
Almond Crunch  
18 oz.



**Honey Bunches of Oats**  
with Almonds  
18 oz. & 36 oz.



**Honey Bunches of Oats**  
Honey Roasted  
18 oz. & 36 oz.



**Multi-Grain Cheerios**  
18 oz. & 36 oz.



**Dora**  
18 oz.



**KIX**  
18 oz.



**Corn Chex**  
18 oz.



**Life**  
Original 18 oz.



**Scooters**  
18 oz. & 36 oz. bag



**Rice Chex**  
18 oz.



**All-Bran**  
Complete Wheat Flakes 18 oz.



**Corn Flakes**  
18 oz. & 36 oz.



**Frosted Mini-Wheats**  
18 oz. & 36 oz.



**Mini Spooners**  
Blueberry  
18 oz. & 36 oz. box & bag



**Mini Spooners**  
Frosted  
18 oz. & 36 oz. box & bag



**Mini Spooners**  
Strawberry Cream  
18 oz. & 36 oz. box & bag



**Rice Krispies**  
18 oz.



**Special K**  
Original 18 oz.



**Grape-Nuts Flakes**  
18 oz.



**Honey Bunches of Oats**  
Honey Crunch  
18 oz.



**Crispy Rice**  
36 oz. bag



**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

Choose Any Brand

### Baby Fruits and Vegetables

- 4 oz. single container or multi-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 cereal, oatmeal, yogurt, meat, rice, pasta, DHA, sugar, salt, or starches (such as rice flour or tapioca)

### HELPFUL TIP:



Choose These Brands

### Baby Cereal

- **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

## Exclusively Breastfeeding Infants 6 to 12 Months

Choose Any Brand

### Baby Meats

- 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

Choose Any Brand

### Tuna

- 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

- 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 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



<b>American Heritage</b>	<b>Food Club</b>	<b>Kraft</b>	<b>Parade</b>
<b>Best Choice</b>	<b>HEB</b>	<b>Kroger</b>	<b>Shurfine</b>
<b>Essential Everyday</b>	<b>Hy-Top</b>	<b>Lucerne</b>	<b>Shurfresh</b>

**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.
- Safeway** 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 WIC 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**

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



**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

<b>Azumaya</b>	<b>Banyan</b>	<b>House Foods</b>	<b>Tasty ToFu</b>
Silken	Soft	Medium Firm	Soft
Firm	Medium Hard	Firm	Regular
Extra Firm	Hard	Extra Firm	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

<b>HEB</b>	<b>Big Tex</b>	<b>Parade</b>	<b>Texsun</b>
Apple	Apple	Orange	Grapefruit
Grapefruit	Grapefruit		Orange
Orange	Orange		
Orange Pineapple			
Pineapple			



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

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

<b>American Heritage</b>	<b>Food Club</b>	<b>Kraft</b>	<b>Parade</b>
<b>Best Choice</b>	<b>HEB</b>	<b>Kroger</b>	<b>Shurfine</b>
<b>Essential Everyday</b>	<b>Hy-Top</b>	<b>Lucerne</b>	<b>Shurfresh</b>

**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.



*Continued on page 14*

**Special Food Package Only**  
**No Refrigeration**

**Tuna and Salmon**

Choose Any Brand

**Exclusively Breastfeeding Women**

- 3-pack of 3 oz. cans
- Chunk light
- Packed in water
- Regular or low-sodium
- 3-pack of 3 oz. cans
- Pink salmon
- Packed in water
- Skin and bones allowed



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

**NOT WIC APPROVED:** Premium skinless and boneless, smoked, fillets, red salmon, 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)



Texas  .org

***For more information***

***WIC participants call  
1-800-942-3678 or visit  
[www.texaswic.org](http://www.texaswic.org)***

***Vendors call  
1-800-252-9629 or visit  
[www.dshs.state.tx.us/wichd/vo/vo1.shtm](http://www.dshs.state.tx.us/wichd/vo/vo1.shtm)***

***WIC helps you make amazing kids!***



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