



APPROVED FOODS SHOPPING GUIDE

SMART CHOICES • HEALTHY FAMILIES

Effective October 1, 2017





“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.

How to Use Your Texas WIC Shopping Guide

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 the Special Food Packages for:

- 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 pink sticker when shopping for specific WIC approved foods



Some stores offer self-checkout with your WIC card. Ask a store employee if they allow it.

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 **WIC** Approved Item

Look for the Pink WIC 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, organic 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-milk yogurts
- 2 lb. (32 oz./907g) containers

Brown Cow - Cream Top Plain & Vanilla

Dannon - All Natural - Plain, Strawberry & Vanilla

Freanna - Plain

Mountain High - Original - Plain, Strawberry & Vanilla

Stonyfield - Plain & French Vanilla

Whole-Milk Yogurt Store Brands

H-E-B Organics - Plain & Vanilla

Kroger - Plain

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, Peach, Strawberry & Vanilla

LALA - Lowfat Plain

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

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

Yoplait - Lowfat Original, Harvest Peach, Strawberry, Strawberry Banana & Vanilla
- Non-fat Plain

Lowfat/Non-fat Yogurt Store Brands

Best Choice - Lowfat Vanilla & Non-fat Plain

Coburn Farms - Lowfat Plain

Essential Everyday - Lowfat Plain

Great Value - Lowfat Peach, Strawberry, Strawberry Banana & Vanilla & Non-fat Plain

H-E-B Blended - Lowfat Plain

Kroger - Lowfat and Non-fat Plain

Lucerne - Fat Free Plain

Market Pantry - Non-fat Plain

Shurfine - Lowfat Plain and Vanilla

Simple Truth - Lowfat Plain

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 & Beans

Choose Any Brand

Fresh

- Single or mixed
- Whole, pre-cut, or packaged
- Organic or regular
- 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 size and type



NOT WIC APPROVED:

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

HELPFUL TIP: See chart for buying fruits and vegetables or beans on page 16.



Juice

WIC Approved Item

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
- Purple Grape
- White Grape

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



Whole Grains

Whole-Wheat Bread

WIC Approved Item

Look for the Pink WIC Sticker

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

NOT WIC APPROVED: Sugar-free.



Brown Rice

WIC Approved Item

Look for the Pink WIC Sticker

- 16 oz. (1 lb.) package

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



Tortillas

WIC Appr Item

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



Whole-Wheat Pasta

Choose These Brands

- 16 oz. (1 lb.) box or bag
- 100% whole-wheat
- Any shape such as bows, elbows, penne, rotini, shells, spaghetti and spirals



Store Brands

America's Choice

Central Market (H-E-B)

Full Circle

Great Value

H-E-B Organics

Kroger

Natural Directions

O Organics

Shurfine

Simple Truth

National Brands

Barilla

Hodgson Mill

Racconto

Ronzoni Healthy Harvest



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
- Light Red Kidney Beans
- Fat Free Refried Beans (Cocina Latina)
- Great Northern Beans
- Pinto Beans

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

Casa Fiesta

- No Fat Refried Black Beans
- No Fat Refried Beans
- Pinto 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
- Cannellini Beans
- Dark Red Kidney Beans
- Fat Free Refried Pinto Beans
- Pinto Beans
- Red Kidney 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:



or



or



1 package dry beans,
lentils, peas

4 cans of beans

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.



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



Instant Grits Original
18 oz.



Cheerios
18 oz.



Multi-Grain Cheerios
18 oz.



Dora
18 oz.



KIX
18 oz.



Corn Chex
18 oz.



Rice Chex
18 oz.



All-Bran Complete Wheat Flakes
18 oz.



Corn Flakes
18 oz. & 36 oz.



Frosted Mini-Wheats
18 oz. & 36 oz.



Rice Krispies
18 oz.



Special K Original
18 oz.



Grape-Nuts Flakes
18 oz.



Honey Bunches of Oats Honey Crunch
18 oz.



Honey Bunches of Oats
Almond Crunch
18 oz.



Honey Bunches of Oats
Cinnamon Bunches
18 oz.



Honey Bunches of Oats
Vanilla Bunches
18 oz.



Honey Bunches of Oats
with Almonds
18 oz.



Honey Bunches of Oats
Honey Roasted
18 oz.



Life
Original 18 oz.



Corn Flakes
18 oz. box & bag



Crispy Rice
18 oz. box & bag
36 oz. bag



Mini Spooners
Blueberry
18 oz. & 36 oz. bag



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



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

Infant 6 to 12 Months

Choose Any Brand

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:



Choose These Brands

Baby Cereal

- **Gerber Barley** 8 oz.
- **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: 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



American Heritage	Food Club	Kraft	Shurfine
Best Choice	Great Value	Kroger	Shurfresh
Brookshire	H-E-B	Lucerne	
Essential Everyday	Hy-Top	Parade	

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.

H-E-B 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 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
- Emily's Table**
- Original
- Great Value**
- Original (Walmart)
- Silk**
- Original in 1/2 gallon (1.89 L) and twin pack



NOT WIC APPROVED: Organic, light or fat-free.

Tofu

Choose These Brands

- 16 oz. (1 lb.) refrigerated
- | | | | | |
|----------------|---------------|---------------------|--------------------|-------------------|
| Azumaya | Banyan | Green Valley | House Foods | Tasty ToFu |
| Silken | Soft | Medium Firm | Medium Firm | Soft |
| Firm | Medium Hard | Firm | Firm | Regular |
| Extra Firm | Hard | | Extra Firm | Hard |
- O Organics**
 - Super Firm



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%)
- 12 oz. fortified with vitamins A & D



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

Nonfat 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 oz. 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.

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

Nonfat Dry Powder Milk

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

Food Club

Kraft

Shurfine

Best Choice

Great Value

Kroger

Shurfresh

Brookshire

H-E-B

Lucerne

Essential Everyday

Hy-Top

Parade

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



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

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



NOT WIC APPROVED: Smoked, fillets, red salmon, packed in oil or pouches.

Special Food Package Only Kosher Milk and Cheese

Kosher Cheese

Choose These Brands

- 16 oz. (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.

Look for kosher milk and cheese at these stores.

Most stores carry both kosher milk and cheese in the approved sizes. Call the store before shopping.

Austin

H-E-B 7025 Village Center Drive..... 512-502-8445

Dallas

Minyard Sun Fresh Market 7007 Arapaho Road..... 972-387-8996

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

Houston

H-E-B 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

H-E-B 8503 NW Military Hwy..... 210-479-4300



Breastfeeding mothers 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

APPOINTMENTS

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/vo1.shtm***

Texas WIC has videos to help you shop
YouTube: www.youtube.com/user/TexasHHSC

Follow us
Twitter and Facebook: @ TexasHHSC



WIC helps you make amazing kids!



TEXAS
Health and Human
Services



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