

TEXAS WIC SHOPPING GUIDE

Effective October 1, 2019



Getting Started

Look through this guide before you shop to find out which brands of food you can buy with your **Texas WIC Card**. Bring it with you to the store.

You will also need to bring the **Texas WIC Shopping List** that you got at the clinic.

It shows important shopping information such as:

- Which foods you can buy
- Your monthly benefits

HELPFUL TIP: If you forgot or lost your **Texas WIC Shopping List**, a store cashier can print a receipt with your current balance before you shop.

Stores might not carry every WIC food item or brand listed in this guide.

See page 16 for more WIC shopping tips.



WIC Shopping FAQs And Tips

What should I bring to the store when I shop for my WIC foods?

- Your Texas WIC Shopping List
- Your Texas WIC Card
- This Texas WIC Shopping Guide

What's on my Texas WIC Shopping List?

- Your monthly WIC food benefits for every eligible family member
- Your next WIC appointment

How do I use my WIC card at the store?

- At checkout, tell the cashier you are using a WIC card.
- Insert the card into the reader and enter your PIN.
- Leave the card in the reader until told to remove it.
- Check the items on the receipt after all foods have been scanned.
- Accept by pressing approve.
- Save your receipt!

What is the other WIC receipt I get after shopping?

- When you use your Texas WIC card, another WIC receipt prints out after shopping.
- It shows your ending balance and how much is left on your card for the rest of the month.
- Take this receipt on your next shopping trip.

What if I have other problems with my WIC card?

- If your card is lost, stolen or damaged, call your WIC clinic.
- If locked, you will need to go to the clinic to reset your PIN.



How to Use Your Texas WIC Shopping Guide

When you see:

Choose Any Brand Choose any brand of this food.

Choose These Brands Choose food from one of the brands listed in this 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 or location.

NOT WIC APPROVED: Foods listed here cannot be purchased with your Texas WIC Card.

Special Food Package Only (pages 12-15) Your WIC clinic staff will explain the Special Food Packages for:

- Fully Breastfeeding Twins, Triplets or More
- No Refrigeration
- Kosher Milk and Cheese

Look for the pink sticker on milk, juice, cheese, dried beans, bread, tortillas and rice.



Look for the Pink WIC Sticker

Children 2 to 5 Years Old and Women

- Fat-free or Low-fat (1/2% or 1%) milk in a half gallon or gallon
- Nonfat or Low-fat Buttermilk in a half gallon

Children 1 Year Old

- Whole milk in a half gallon or gallon (no buttermilk)

Carton or plastic container. Quart only if on shopping list.

NOT WIC APPROVED:

Calcium-fortified, high-protein, organic, flavored milk (such as chocolate), milk with DHA or omega-3, rice milk, almond 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 or low-fat
- American, Cheddar, Colby, Colby-Jack, Longhorn, Monterey Jack, Mozzarella
- Mozzarella string cheese (16 oz.)

NOT WIC APPROVED: Individually wrapped slices, shredded cheese, 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
- Any size
- White shells only

NOT WIC APPROVED: Brown, organic, free-range or pasture raised eggs.



Where To Buy Kosher Milk And Cheese

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

Austin

H-E-B 7025 Village Center Drive.....1-512-502-8445

Bellaire

H-E-B 5106 Bissonnet..... 1-713-218-1600

Dallas

Tom Thumb 11920 Preston Road..... 1-972-392-2501

Houston

Kroger 10306 South Post Oak.....1-713-721-7691

Richardson

Tom Thumb 1380 West Campbell Road..... 1-972-680-6010

San Antonio

H-E-B 8503 NW Military Hwy.....1-210-479-4300



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)

Special Food Package Only No Refrigeration

Fully Breastfeeding Women

Choose Any Brand

Tuna

3 pack of 3 oz. cans

- Chunk light
- Packed in water or oil
- Regular or low sodium



Salmon

3 pack of 3 oz. cans

- Pink salmon
- Packed in water or oil



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

NOT WIC APPROVED: Smoked, fillets, red salmon 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

Haolam Cheddar

Choose These Brands

Fully Breastfeeding Twins, Triplets or More

- 8 oz.

Haolam Cheddar



Kosher Milk

Choose These Brands

Children 2 to 5 Years Old and Women -
Fat-free and Low-fat (1%)

Children 1 Year Old - Whole milk

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

Pride of the Farm

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



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

Yogurt

Choose These Brands



Children 2 to 5 Years Old and Women

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

Best Choice - Low-fat Strawberry, Vanilla, Light Plain

Coburn Farms - Low-fat Plain

Dannon - Low-fat Plain, Vanilla, Nonfat Plain

Great Value - Low-fat Peach, Strawberry, Strawberry Banana, Vanilla, Nonfat Plain

H-E-B Blended - Low-fat Peach, Plain, Strawberry, Vanilla

Hiland - Low-fat Peach, Strawberry, Vanilla, Nonfat Plain

Hill Country Fare - Low-fat Plain, Vanilla

Kroger - Low-fat Plain, Nonfat Plain

LALA - Low-fat Plain

Lucerne - Low-fat Peach, Strawberry, Nonfat Plain

Mountain High - Low-fat Plain, Vanilla, Fat-free Plain

Shurfine - Low-fat Plain, Vanilla

Simple Truth Organic - Low-fat Plain

Stonyfield - Low-fat Plain, Vanilla, Nonfat Plain, Vanilla

Yoplait - Low-fat Blueberry, Peach, Strawberry, Strawberry Banana, Vanilla, Nonfat Plain

Children 1 Year Old

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

Brown Cow - Cream Top Plain, Vanilla

Dannon - Plain, Strawberry, Vanilla

H-E-B Organics - Plain, Vanilla

Kroger - Plain

Mountain High - Plain, Strawberry, Vanilla

Stonyfield - Plain, Strawberry, Vanilla

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



Fruits and Vegetables

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, gourds or painted pumpkins).
- 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
- Frozen beans such as edamame, green beans and lima beans are allowed



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.



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 | Orange Pineapple |
| Grapefruit | Pineapple |
| 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

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

Nonfat Dry Powdered Milk

Choose Any Brand

Children 2 to 5 Years Old and Women

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



Cheese

Choose These Brands

Fully Breastfeeding Women

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



Best Choice
Best Yet
Brookshire
Food Club

Great Value
H-E-B
Kraft

Kroger
Lucerne
Shurfine

NOT WIC APPROVED: Individually wrapped slices, shredded cheese, 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 Fully 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

Best Choice
Best Yet
Brookshire
Food Club

Great Value
H-E-B
Kraft

Kroger
Lucerne
Shurfine



NOT WIC APPROVED: Individually wrapped slices, shredded cheese, 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 oz. or 24 oz. loaf

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 Select 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.

Tortillas

Choose These Brands

- 20 oz. or 24 oz. package
- Yellow or white corn

Guerrero White Corn Tortillas 20 oz.

Kroger White Corn Tortillas 24 oz.

Mama Lupes Yellow Corn Tortillas 21 oz.

Tia Rosa Yellow Corn Tortillas 20 oz.



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

Juice **WIC** Approved Item

Look for the Pink WIC Sticker

- 100% Juice - 80% vitamin C (or more)
- Added calcium and vitamin D are allowed



Juice (Plastic Bottle)

Children 64 oz. and Women 48 oz.

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

Frozen Juice

Children 16 oz.

- Apple
- Orange

Women 11.5 oz. - 12 oz.

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

Refrigerated Juice (Carton or Plastic Bottle)

Children 64 oz.

- Orange

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



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.



Tortillas

WIC Approved 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.



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.



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 elbows, penne, rotini, shells, spaghetti or spirals



Barilla

Central Market Organic

Full Circle Organic

Great Value

H-E-B

H-E-B Organics

Hodgson Mill

Kroger

O Organics

Racconto

Ronzoni Healthy Harvest

Shurfine

Signature Select

Simple Truth



Lactose-Free Milk, Soy Milk, Evaporated Milk, Powdered Milk and Tofu

Lactose-Free Milk

Choose Any Brand

Children 2 to 5 Years Old and Women - Fat-free and Low-fat (1%)

Children 1 Year Old - Whole milk

- 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 and Vanilla

Great Value

- Original (Walmart)

Silk

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

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



Evaporated Milk

Choose Any Brand

Children 2 to 5 Years Old and Women - Fat-free and Low-fat (1%)

Children 1 Year Old - Whole milk

- 12 oz. fortified with vitamins A and D

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



Nonfat Dry Powdered Milk

Choose Any Brand

Children 2 to 5 Years Old and Women

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



Tofu

Choose These Brands

- 16 oz. (1 lb.) refrigerated

Banyan

Soft

Medium Hard

Hard

Green Valley

Medium Firm

Firm

House Foods

Medium Firm

Firm

Extra Firm



NOT WIC APPROVED: Lite tofu or seasoned tofu.

Infants 6 to 12 Months

Choose Any Brand

Baby Food Fruits and Vegetables

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



NOT WIC APPROVED:

- With cereal, oatmeal, chia, amaranth, quinoa, rice, pasta, yogurt or meat.
- Dinners, desserts, toddler foods, refrigerated, cold-pressed or pouches.
- Added ingredients such as DHA, sugar, salt or starches (such as rice flour or tapioca).

Choose These Brands

Baby Cereal

- **Gerber MultiGrain** 8 oz. and 16 oz.
- **Gerber Oatmeal** 8 oz. and 16 oz.
- **Gerber Rice** 8 oz. and 16 oz.
- **Gerber Whole Wheat** 8 oz.



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

Fully Breastfeeding Infants 6 to 12 Months

Choose Any Brand

Baby Food 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.

Fully Breastfeeding Women

Choose Any Brand

Tuna

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



Salmon

- 5 oz. to 6 oz. can
- Pink salmon
- Packed in water or oil
- Regular or low-sodium

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

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

Canned Beans

Choose Any Brand

- 15 oz. to 16 oz. cans
- Regular, low sodium or organic

Canned Beans

- Black Beans
- Blackeye Peas
- Cannellini Beans
- Chickpeas (garbanzos)
- Dark Red Kidney Beans
- Great Northern Beans
- Light Red Kidney Beans
- Pinto Beans
- Fat-Free Refried Black Beans
- Fat-Free Refried Pinto Beans



NOT WIC APPROVED: Beans with snaps, jalapeño peppers, bacon, pork, oils, in sauce or soups.

Dried Beans



Look for the Pink WIC Sticker

- 16 oz. (1 lb.) packages
- Black beans, blackeye peas, chickpeas (garbanzos), dark red kidney beans, great northern beans, navy beans, light red kidney beans, pinto beans, green-split peas and lentils



NOT WIC APPROVED: Added seasonings, bulk or mixed beans.

Peanut Butter

Choose Any Brand

- 16 oz. 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: Spread a thin layer of creamy peanut butter on bread or fruit for children. **To prevent choking**, never give a spoonful of peanut butter to a child.

How to buy beans and peanut butter. One item equals:

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

Breakfast Cereal

Choose These Brands

• 12 oz., 18 oz. and 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
12 oz., 18 oz., 36 oz.



Cheerios
12 oz., 18 oz., 36 oz.



Multi-Grain Cheerios
12 oz., 18 oz.



KIX
12 oz., 18 oz.



Berry Berry KIX
18 oz.



Honey KIX
18 oz.



Corn Chex
12 oz., 18 oz.



Rice Chex
12 oz., 18 oz.



All-Bran Complete Wheat Flakes
18 oz.



Corn Flakes
12 oz., 18 oz., 36 oz.



Frosted Mini Wheats
18 oz., 36 oz.



Rice Krispies
12 oz., 18 oz.



Special K Original
12 oz., 18 oz.



Crispix
12 oz., 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.



Malt-O-Meal Corn Flakes
18 oz.



Malt-O-Meal Crispy Rice
12 oz., 18 oz. box and bag
36 oz. bag



Mini Spooners Blueberry
18 oz., 36 oz. bag

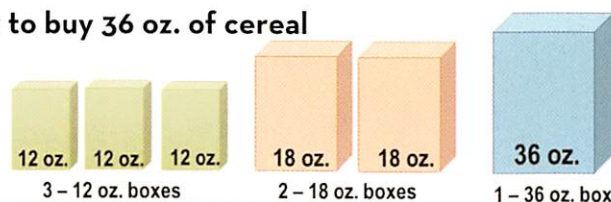


Mini Spooners Frosted
18 oz. box and bag,
36 oz. bag



Mini Spooners Strawberry Cream
18 oz. box and bag,
36 oz. bag

How to buy 36 oz. of cereal



Visit TexasWIC.org to:

- Learn more about WIC
 - Start your application
 - Find breastfeeding and nutrition information
 - Take free online classes
- or call 1-800-942-3678 for more information

Information for vendors:
bit.ly/TexasWICVendors

Connect with us on Facebook, Twitter,
YouTube and Instagram.
Find us @TexasHHSC



WIC helps you make amazing kids!



TEXAS
Health and Human
Services



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