

Yogurt

Children 1 Year Old
 • Whole-milk yogurts
 • 2 lb. (32 oz./907g) containers

- Brown Cow**
 • Cream Top Plain & Vanilla
- Freanna**
 • Plain
- Dannon**
 • All Natural - Plain

- Mountain High**
 • Original Style Yoghurt - Plain, Vanilla & Strawberry
- Stonyfield**
 • Plain & French Vanilla

Children 2 to 5 Years Old & Women
 • Low-fat and nonfat yogurts
 • 2 lb. (32 oz./907g) containers

- Brown Cow**
 • Nonfat Plain & Vanilla
- Dannon**
 • All Natural Lowfat Yogurt - Plain & Vanilla
 • All Natural Nonfat Yogurt - Plain, Strawberry & Strawberry Banana
- Hiland**
 • Lowfat Plain, Vanilla, Peach & Strawberry
- LALA**
 • Lowfat Plain

- Mountain High**
 • Lowfat Yoghurt - Plain & Vanilla
 • Fat Free Yoghurt - Plain & Vanilla
- Stonyfield**
 • Lowfat - Plain, French Vanilla, Banana & Strawberry
 • Fat Free - Plain & French Vanilla
- Yoplait**
 • Nonfat Yogurt - Plain
 • Original Smooth Style (Low Fat) Vanilla, Strawberry, Harvest Peach & Strawberry Banana

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

Choose these brands

Milk

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)
- Nonfat & low-fat buttermilk:
 • 1/2 gallon (1.89 L)

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

Look for the pink WIC sticker

Lactose-Free Milk

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

Choose any brand

Cheese

- 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, or imported cheese

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Eggs

- 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)

Choose any brand

Whole Grains

Bread

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

NOT WIC APPROVED: Sugar-free

Tortillas

- 16 oz. (1 lb.) package
- Yellow or white-corn
- 100% whole-wheat refrigerated or shelf

NOT WIC APPROVED: White-flour tortillas

Brown Rice

- 16 oz. (1 lb.) package

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

Look for the pink WIC sticker

Oatmeal

- 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

Choose these brands

Pasta

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

Pasta Brands

- | | | | |
|---------------------------|--------------------------------|--------------|------------------|
| Barilla | O Organics | Types | • Penne Rigate |
| Food Club | Racconto | • Angel Hair | • Rigatoni |
| Full Circle | Ronzoni Healthy Harvest | • Campellini | • Rotini |
| Hodgson Mill | Shurfine | • Elbows | • Shells |
| Kroger | Simple Truth | • Farfelle | • Spaghetti |
| Natural Directions | | • Fusilli | • Spirals |
| | | • Linguine | • Thin Spaghetti |
| | | • Penne | • Veggie Bows |

Choose these brands

TEXAS WIC

APPROVED FOODS

SMART CHOICES • HEALTHY FAMILIES

Effective October 1, 2016

Fruits, Vegetables & Beans

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 black-eyed 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 mixed with pasta, rice, or any other ingredients

Choose any brand

Exclusively Breastfeeding Women

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

Choose any brand

Exclusively Breastfeeding Infants 6 to 12 Months

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

Choose any brand

Infants 6 to 12 Months

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

Choose these brands

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:

2 Containers

Choose any brand

Juice

- 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
 - White Grape
 - Pineapple
 - Pineapple Mango
 - Vegetable
 - Purple Grape
 - White Grape

Refrigerated Juice (Carton or Plastic)

- Children 64 oz.
 • Orange

Frozen Juice

- Children 16 oz.
 • Apple
- Women 11.5 oz. - 12 oz.
 • Apple

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

Look for the pink WIC sticker

Breakfast Cereal

• 18 & 36 oz. packages only

- Higher in Whole Grain
- Gluten Free



Choose these brands

Dried Beans

- 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

Look for the pink WIC sticker

How to Buy Beans & Peanut Butter for Children 2 to 5 Years Old & Women. One item equals:



Peanut Butter

- 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

Choose any brand

Canned Beans

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

Choose these brands

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

Trappay's

- Light Red Kidney Beans

Goya

- Black Beans
- Blackeye Peas
- Cannellini Beans
- Dark Red Kidney Beans
- Red Kidney Beans
- Pinto Beans

WIC Vendors

The Declared Traditionally Least Expensive Brand of WIC foods must be marked with the pink WIC Approved Item sticker. To get a list of all the approved brands, go to <http://www.dshs.texas.gov/wichd/vo/flist.shtm>



Stores may not carry every WIC approved food.

For More Information

WIC Participants: 1-800-942-3678 / www.texaswic.org
 Vendors: www.dshs.texas.gov/wichd/vo/vo1.shtm



Texas WIC.org



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