

Your Guide to TEXAS WIC



Thank you for being part of the WIC family!

You can count on WIC being there from the beginning of your pregnancy to your child's 5th birthday.

WIC benefits include:

- Personalized nutrition and breastfeeding support.
- Healthy foods to help you feed your growing family.
- In-person and live online activities to share ideas and learn new recipes, cooking skills and more.

WIC can help you find other services to make raising amazing kids a little easier.

“The detailed information they provide to parents is amazing. I’m a first-time mom of a 2-year-old and the classes and lessons have helped me stay informed on how I can grow as a parent and help my toddler grow happy and healthy.”

— WIC Client



Now that You Are a Part of WIC

You qualified for WIC and had your first appointment. What comes next?

Download the myWIC app.

Use myWIC to manage appointments, access nutrition education, scan items at the grocery store to see if they are eligible, view your monthly food benefits and more!



Download
the myWIC
app today.

Check in with your WIC office about every three months.

WIC schedules your appointments about every three months for personalized nutrition and breastfeeding support and to provide you with more food benefits.

WIC checks to see if your family is still eligible for the program about once a year. Before this visit, WIC staff will provide you with a list of documents to upload to myWIC or bring to your appointment.

WIC is here for you and your child until they turn 5.

Shop for WIC foods.

Each month, Texas WIC provides foods that are tailored to your nutritional needs. You will get different foods as your needs change and your child grows.

Belong to a supportive community.

WIC gives families the chance to get together in-person and through live online activities, including cooking classes with healthy recipes using WIC foods. Our groups discuss things like:

- How to get great nutrition during pregnancy.
- How to reach your breastfeeding goals.
- How to help your children eat healthy foods.
- How to make time for physical activity.

Get breastfeeding support.

WIC provides breastfeeding support from lactation consultants and peer counselors at no cost.

Find other resources.

WIC connects you to other services your family might need. We can help you get a breast pump, find a resource for immunizations, or refer you to other services in your community like dental care.

Your Texas WIC Card

Your Texas WIC card works just like a debit card and keeps track of the food benefits you get each month.

Tips for using your WIC card

Set your personal identification number (PIN) with myWIC or call the Texas WIC Card Management Line at 833-966-1382 before you shop. When setting your PIN, avoid using common choices like 1234, repeating numbers like 1111 or important dates like birthdays.

Use your WIC card at most grocery stores. Ask your WIC staff which stores accept WIC, or check the store locator on [TexasWIC.org](https://www.texaswic.org).

Use all your benefits before the end of the month because food benefits do not roll over to the next month.

If your Texas WIC card does not work, call your WIC office.

If your WIC card is lost, stolen or damaged, you can cancel it using the card management section in myWIC or by calling 833-966-1382. WIC will cancel your card to protect your benefits and get you a new card. You can also freeze and unfreeze your card between store visits in the card management section in myWIC.



“WIC has been wonderful! They have so many programs that have taught me about health and wellness for my family. They have also provided foods with the nutrients that help me keep my family healthy. Thanks to WIC, I now have the tools I need to make sure my family stays on the path to a healthy lifestyle.”

— WIC Client

What You Can Buy

WIC helps you buy many of the foods already on your grocery list. You will still need to buy some food or formula on your own, but WIC wants to help as much as possible! Your monthly food package may include:

- Fruits and vegetables
- Milk, cheese and yogurt
- Whole grains like whole wheat bread, corn or whole wheat tortillas, brown rice, oatmeal, quinoa, whole wheat pasta, bulgur and corn masa flour
- Eggs
- Breakfast cereal
- Beans and peanut butter
- Canned fish
- Baby formula and baby foods

Special WIC Foods

Talk to the WIC nutritionist

WIC can provide food options for those with special diets or medical conditions. Ask your WIC nutritionist what is available to meet your needs.

Visit [TexasWIC.org](https://www.texaswic.org) for more information about WIC foods.



Nutritional Benefits of WIC Foods

Fruits and Vegetables

More is better.

Fruits and vegetables are full of vitamins, minerals, fiber and other nutrients. They can help boost your immune system and reduce the risk of heart disease, diabetes and some types of cancer.

Whole Grains

Whole grains are for the whole family.

Whole grains contain important nutrients and fiber. Eating them can help reduce constipation and improve digestive health.

Dairy

Strong bodies need strong bones.

Milk, milk products and fortified plant-based milk are great sources of calcium, vitamin D and other nutrients needed for strong bones and overall health.

Protein

Choose a variety of iron-rich protein foods.

Foods like eggs, beans, peanut butter and fish help grow and maintain muscles and tissues. These foods help your body get iron, which helps carry oxygen in the blood.



Folic Acid

Folic acid before and during pregnancy can help prevent birth defects.

Get 400 micrograms of folic acid every day by:

- Eating fortified foods that are high in folic acid.
- Eating foods like dried beans, spinach, dark leafy greens, broccoli, asparagus, seeds, nuts and citrus fruits.
- Taking a vitamin with folic acid if recommended by your health care provider.

“Knowledge is power and equips you to do what’s best for you and baby. I used to be scared to ask questions because of the possible responses but today after asking questions, I felt so reassured and ready to tackle what’s ahead.”

— WIC Client from Virtual Pregnancy Class



Shopping for WIC Foods

Use your WIC benefits at the store.

To view your benefits, you can use myWIC, get a printed benefit list at your WIC office, or ask a store cashier to print a receipt with your current balance.

Your WIC benefits show how much of each food you can buy each month. All eligible family members' WIC foods are added together on your benefits.

“WIC is an excellent program, the dietitian and others were truly very helpful. I’ve always been asked at baby appointments if I’m on WIC and knew what it was and I’m grateful they contacted me. I’m studying pamphlets and eager to use the information and apps on my next shopping trip.”

— WIC Client



Use Your Shopping Guide While You Shop

Look through the shopping guide on myWIC to learn which brands and sizes of food you can buy with your Texas WIC card. You can also get a printed shopping guide booklet at your WIC office.

Tips for successful WIC shopping

Shop for just a few WIC foods when using your WIC card for the first time. Try to shop when the store is not busy.

Review your benefits before shopping, so you know how much is left for the month.

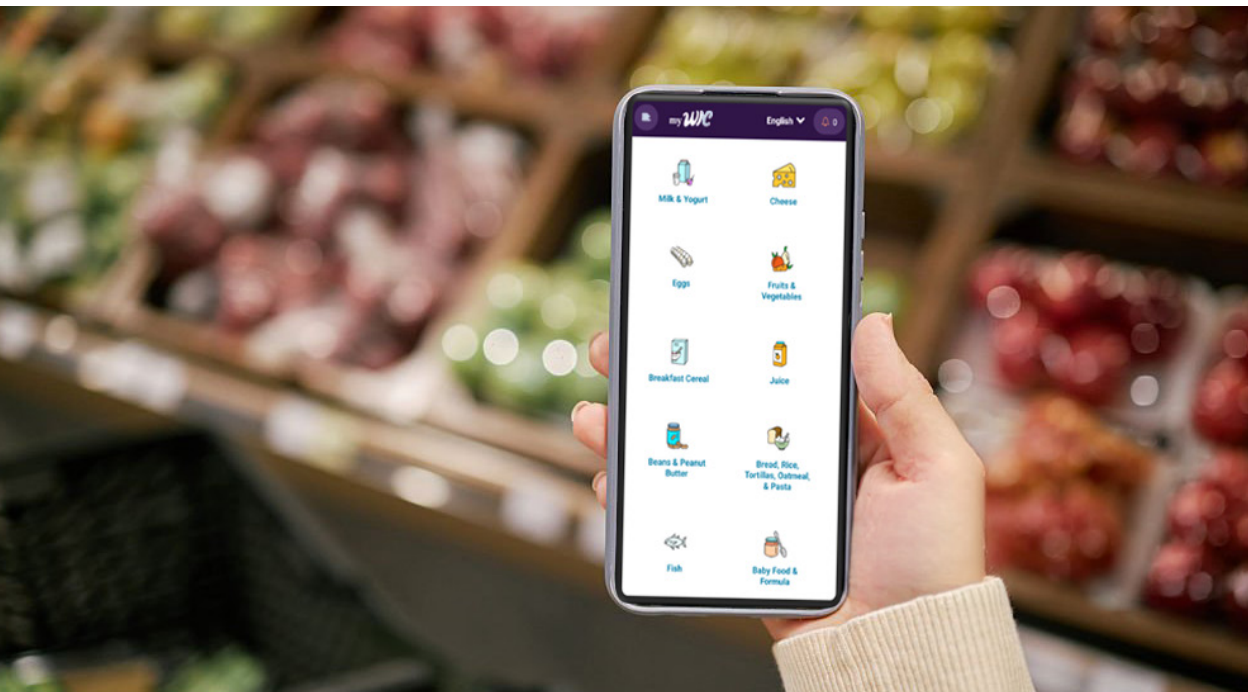
Make sure you choose WIC approved foods and package sizes. Your shopping guide and benefits will let you know what to buy.

Look for the pink WIC sticker for milk, cheese and juice. The brands may be different at each store or location.

Scan foods using the myWIC app while you shop to check if they are WIC approved and if you have benefits for them.

You choose how much of your WIC food benefits you want to use each shopping trip.

Always check your store receipt before leaving the checkout lane to make sure it matches your purchase.



At Checkout

How do I use my WIC card at the store?

1. After all of your items are scanned, you will pay for your WIC items first.
2. Swipe your WIC card and enter your PIN.
3. The cashier will provide you with two receipts. One receipt shows your starting balance and the other shows which items will be removed from your benefits.
4. Check the items on the receipts and approve the transaction.
Save your receipts.

What if an item does not scan?

- Check to make sure you have available benefits.
- Check the shopping guide on myWIC to make sure the item is the correct size and brand.
- If it still does not scan as a WIC item, you can pay for it with your other groceries or put it back.
- If you think the item should have scanned as a WIC item, please let WIC know. Scan the QR code or use myWIC to provide more information. WIC will review the item and let you know why it did not scan or add it as WIC approved.



Staying Healthy With WIC Partners

WIC has many partners who can help you and your family stay healthy. Let us know how we can help you.

Families need a variety of foods to stay healthy. Visit TexasWIC.org to learn more about what it takes to eat healthy and stay active.

Breastfeeding protects babies from certain diseases, lowers their risk for diabetes and childhood obesity and may help them do better in school. Visit BreastmilkCounts.com for helpful information on breastfeeding. You can also call the Texas Lactation Support Hotline at 855-550-6667 for breastfeeding support and information. This free service is available 24 hours a day, seven days a week.

Immunizations are shots that protect you and your child from diseases like polio, measles, meningitis, Hepatitis B and whooping cough. Make sure you and your child get the shots you need at the right times. Visit dshs.texas.gov/immunizations for more information.

Need help quitting? Drinking alcohol, smoking or using drugs when pregnant can cause serious, long-term health problems for your baby. If you want to talk to someone about quitting, call 2-1-1 for help in your area. You can call 24 hours a day, seven days a week. All calls are private and confidential.

Mental health resources are available for families and people of all ages from Texas Health and Human Services. Visit MentalHealthTX.org for more information.

WIC and our partners are here for you every step of the way.

Welcome to WIC!



TexasWIC.org

Stronger with WIC.



TEXAS
Health and Human
Services



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