

# 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.



# 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.



# 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.





# 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
- Orange
- White Grape
- Grapefruit
- Purple 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**





# 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

**WIC** Approved Item

## 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:

 or  
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

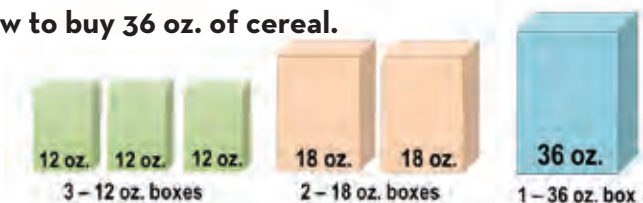


**Mini Spooners**  
Frosted  
18 oz. box and bag,  
36 oz. bag



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

## How to buy 36 oz. of cereal.



## 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

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

### 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.



# 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.





# 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.



## 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

**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 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.

## 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)

## ***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.



## NOTES

### **What if an item doesn't scan?**

- Make sure the item is the correct size and brand.
- Check your shopping list or receipt to make sure there are enough benefits on your card.
- If the size and brand are correct and you have enough benefits, ask the cashier or store manager for help.

### **If it still won't scan:**

- You can pay for the item with your other groceries or put it back.
- Take a photo of the item and the barcode. Send to [WICgeneral@hhsc.state.tx.us](mailto:WICgeneral@hhsc.state.tx.us) with the store name and location so WIC can look into the issue.

## **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](https://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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