



# APPROVED FOODS SHOPPING GUIDE

SMART CHOICES ♦ HEALTHY FAMILIES

Effective October 1, 2018





*“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](http://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

**M**ake shopping for WIC Approved foods easy. Go through this guide before you go to the store.

## 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. Not all stores will carry every WIC Approved food item in this guide.

**NOT WIC APPROVED:** Foods listed here are not WIC Approved.

**Special Food Package Only** (pages 11-15) Your WIC staff will explain the Special Food Packages for:

- Fully Breastfeeding Twins, Triplets or More
- Lactose-Free Milk, Soy Milk and Tofu, Evaporated Milk or Powdered Milk
- No Refrigeration
- Kosher Milk and Cheese

Look for the pink sticker when shopping for specific WIC Approved foods



## Milk

### 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)

**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.



## Cheese

### 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** – Plain, Strawberry, Vanilla

**Freanna** – Plain

**Mountain High** – Plain, Strawberry, Vanilla

**Stonyfield** – Plain, Vanilla

**Whole Milk Yogurt Store Brands**

**H-E-B Organics** – Plain, Vanilla

**Kroger** – Plain

**Lucerne** – Plain

**Children 2 to 5 Years Old & Women**

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

**Dannon** – Low-fat Plain, Vanilla, Strawberry Banana, Strawberry, Nonfat Plain

**Hiland** – Low-fat Plain, Peach, Strawberry, Vanilla

**LALA** – Low-fat Plain, Vanilla

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

**Stonyfield** – Low-fat Banilla, Vanilla, Plain, Strawberry, Nonfat Plain, Nonfat Vanilla

**Yoplait** – Low-fat Harvest Peach, Strawberry, Strawberry Banana, Vanilla, Nonfat Plain

**Low-fat/Nonfat Yogurt Store Brands**

**Best Choice** – Low-fat Vanilla, Nonfat Plain

**Coburn Farms** – Low-fat Plain

**Food Club** – Fat-free Plain

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

**H-E-B Blended** – Low-fat Plain

**Hill Country Fare** – Low-fat blended Plain, Vanilla

**Kroger** – Low-fat Plain, Nonfat Plain

**Lucerne** – Low-fat Peach, Strawberry, Fat-free Plain

**Market Pantry** – Nonfat Plain

**Shurfine** – Low-fat Plain, Vanilla, Nonfat Plain

**Simple Truth** – Low-fat Plain

**NOT WIC APPROVED:**

Greek, fruit on the bottom, whipped or with stir-in ingredients.





# 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, 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

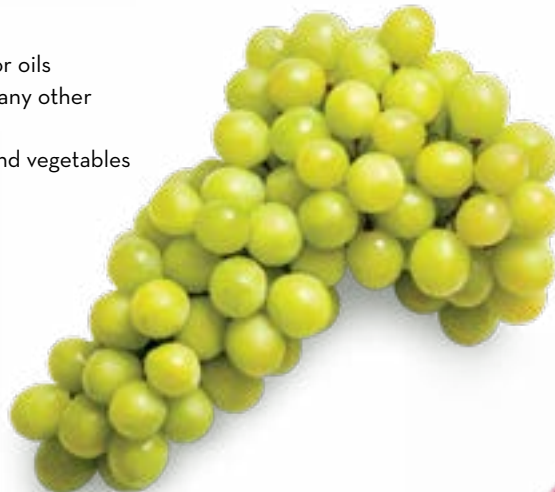
- Single or mixed
- Organic or regular
- With or without salt or herbs
- Any package size and type



## 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 - 80% vitamin C (or more)
- 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
- White Grape
- Purple Grape

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

## Whole Grains

### Whole-Wheat Bread



Look for the Pink WIC Sticker

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

**NOT WIC APPROVED:** Sugar-free.



### Brown Rice



Look for the Pink WIC Sticker

- 16 oz. (1 lb.) package

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



### Tortillas



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

**Central Market (H-E-B)**

**Food Club**

**Full Circle**

**Great Value**

**H-E-B**

**H-E-B Organics**

**Kroger**

**O Organics**

**Shurfine**

**Simple Truth**

**Springfield**

#### 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, low sodium or organic

#### Allens

- Black Beans
- Blackeyed Peas
- 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)
- Garbanzo Beans
- Great Northern Beans
- Pinto Beans

#### 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
- Cannellini Beans
- Chick Peas

#### Trappey's

- Light Red Kidney Beans

#### Goya

- Black Beans
- Blackeye Peas
- Cannellini Beans
- Chick Peas
- Dark Red Kidney Beans
- Fat Free Refried Pinto Beans
- Pinto Beans
- Red Kidney Beans

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

### Dried Beans



Look for the Pink WIC Sticker

- 16 oz. (1 lb.) packages
- Black beans, blackeye peas, chick peas (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 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:





# Breakfast Cereal

Choose These Brands

• 18 oz. & 36 oz. packages only

 Higher in Whole Grain

 Gluten Free



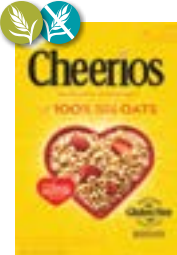
**Whole Grain  
Cream of Wheat**  
18 oz.



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



**Instant Grits**  
Original  
18 oz. & 36 oz.



**Cheerios**  
18 oz. & 36 oz.



**Multi-Grain  
Cheerios**  
18 oz.



**KIX**  
18 oz.



**Berry Bery KIX**  
18 oz.



**Honey 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



## Infants 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.



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

## Fully 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.



## Fully Breastfeeding Women

Choose Any Brand

### Tuna

- 5 oz. 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 oz. 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 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 and Mozzarella

**American Heritage**  
**Best Choice**  
**Best Yet**  
**Brookshire**  
**Food Club**

**Great Value**  
**H-E-B**  
**Hy-Top**  
**Kraft**  
**Kroger**

**Lucerne**  
**Shurfine**  
**Shurfresh**



**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 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 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

**WIC** Approved Item

Look for the Pink WIC Sticker

- 64 oz. fluid or 16 oz. frozen AND 48 oz. fluid or 12 oz. frozen
- 100% Juice - 80% vitamin C (or more)
- Added calcium & vitamin D are allowed

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





## Special Food Package Only Lactose-Free Milk, Soy Milk and Tofu, Evaporated Milk or Powdered 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

**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

<b>Azumaya</b>	<b>Banyan</b>	<b>Green Valley</b>	<b>House Foods</b>	<b>Tasty ToFu</b>
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 Powdered 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

**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 Powdered 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

**Fully Breastfeeding Women**

- 8 oz.
- Block or sliced
- Reduced fat & low-fat cheese
- American, Cheddar, Colby, Colby-Jack, Longhorn, Monterey Jack & Mozzarella

**American Heritage**  
**Best Choice**  
**Best Yet**  
**Brookshire**  
**Food Club**

**Great Value**  
**H-E-B**  
**Hy-Top**  
**Kraft**  
**Kroger**

**Lucerne**  
**Shurfine**  
**Shurfresh**



**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

#### Fully Breastfeeding Women

##### Tuna

3 pack of 3 oz. cans

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



##### Salmon

3 pack of 3 oz. cans

- Pink salmon
- Packed in water
- Skin and bones allowed



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

**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

#### Fully 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 or flavored milk (such as chocolate).



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

## Look for kosher milk and cheese at these stores.

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.....1-800-432-3113

### Dallas

Minyard Sun Fresh Market 7007 Arapaho Road.....1-972-387-8996

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)

# 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 or 1/2 pound.
4. Match the price per pound 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

[illegible]

**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 clients call  
1-800-942-3678 or visit  
[www.TexasWIC.org](http://www.TexasWIC.org)***

***Vendors visit  
[www.dshs.texas.gov/wichd/vo/vo1.shtm](http://www.dshs.texas.gov/wichd/vo/vo1.shtm)***

***Texas WIC has videos to help you shop  
[https://texaswic.org/wic-foods-and-recipes/  
shopping-wic-foods](https://texaswic.org/wic-foods-and-recipes/shopping-wic-foods)***

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