TEXAS WIC SHOPPING GUIDE

Effective October 1, 2022
Before You Shop

Look through this guide before you shop to see the brands of food you can buy with your Texas WIC Card. Bring this guide 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 information such as:

- Which foods you can buy
- Your monthly benefits
- Your next WIC appointment

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

Use all your WIC benefits each month. Your remaining benefits cannot roll over to the next month.

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: This area lists items that cannot be purchased with your Texas WIC Card.

SPECIAL FOOD PACKAGES (pages 14-16)

WIC staff will explain what is in these Special Food Packages:

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

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

See page 17 for WIC Shopping FAQs

Download the Texas WIC shopping app on the Google Play Store or Apple App Store. With the Texas WIC app you can scan items to see if they are WIC approved, check your WIC benefits and view this WIC Shopping Guide.
**Milk**

**Look for the Pink WIC Sticker**

**Children 2 to 5 Years Old and Women**
- Fat-free or low-fat (½% 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)
  *Quart only if on shopping list.*

*Not WIC Approved:* Organic, flavored (such as chocolate), with DHA or omega-3, oat, almond 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 or low-fat
- Mozzarella string cheese (16 oz.)
- American
- Cheddar
- Colby
- Colby-Jack
- Longhorn
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

*Not WIC Approved:* Individually wrapped slices, shredded cheese, cheese food product, cheese from the deli, organic or imported cheese.

**Eggs**

**Choose Any Brand**

- One dozen carton
- Grade A or AA
- Organic or regular
- Any size egg in white or brown shells

*Not WIC Approved:* Free-range or pasture-raised eggs.

**Dried Beans**

**Choose Any Brand**

- 16 oz. (1 lb.) package
- Any type of bean, pea or lentil

*Not WIC Approved:* Added seasonings or bulk beans.

**Canned Beans**

**Choose Any Brand**

- 15 oz. to 16 oz. can
- Regular, low sodium or organic
- Any type of bean
- Fat-free refried beans are allowed

*Not WIC Approved:* Baked beans, soups, added ingredients like meat, vegetables or oil.

*Shopping Tip:* Canned green beans, wax beans and lima beans count as fruit and vegetable benefits. They do not count as canned beans. See page 4 for more information.

**Peanut Butter**

**Choose Any Brand**

- 16 oz. to 18 oz. jar
- Regular or organic
- Creamy or crunchy

*Not WIC Approved:* Peanut butter spread, reduced fat, freshly ground, with added ingredients like honey, chocolate, jelly or omega 3.

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

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

**Tofu**

**Choose These Brands**

- 16 oz. (1 lb.) refrigerated package
  - Azumaya – Silken, Firm, Extra Firm
  - Banyan – Soft, Medium Hard, Hard
  - Franklin Farms – Soft, Medium Firm, Firm, Extra Firm
  - Green Valley – Medium Firm, Firm
  - Nasoya – Silken

*Not WIC Approved:* Lite or seasoned tofu.
FRUITS and VEGETABLES

Fruits and Vegetables

Choose Any Brand

Fresh

- Single or mixed
- Organic or regular
- Whole, cut, packaged or bagged
- 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.
- With dressing, croutons or toppings.
- Decorative or ornamental foods.
- Spices or herbs (such as cilantro, parsley, chives or mint).

Frozen

- Single or mixed
- Organic or regular
- Any package size and type
- Frozen beans and peas, such as edamame, green beans, black-eyed peas or lima beans are allowed

**Not WIC Approved:**
- Creamed, sauced or breaded vegetables.
- Added sugars, artificial sweeteners, oil, rice, grains or other ingredients.

Cans, Glass Jars and Plastic Containers

- Single or mixed
- Any package size
- Organic, regular or low sodium
- Fruit can be in juice or water
- Unsweetened applesauce is allowed

**Not WIC Approved:**
- Pouches or packets.
- Pickles, olives or dried fruit.
- Fruit with added sugars, artificial sweeteners or syrup.
- Creamed vegetables or vegetables with sauce, oil or meat.

Shopping Tip: Canned green beans, wax beans and lima beans count as fruit and vegetable benefits. All other types of canned beans count as canned beans. See page 3 for more information.

Juice

Look for the Pink WIC Sticker

- 100% juice
- Added calcium and vitamin D are allowed

**Bottled Juice**

Children - 64 oz. plastic bottle
Women - 48 oz. plastic bottle

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

**Not WIC Approved:**
- Creamed, sauced or breaded vegetables.
- Added sugars, artificial sweeteners, oil, rice, grains or other ingredients.

Shopping Tip: Check your benefits so you know which size juice to choose.

**Refrigerated Juice**

Children - 64 oz. carton or plastic bottle

- Orange

**Not WIC Approved:** Juice cocktail, with added sugar or sweetener.
### Low-fat and Nonfat Yogurt

#### Children 2 to 5 Years Old and Women
- 32 oz. (quart-sized) container

**Activia**
- Low-fat Vanilla

**Best Choice**
- Greek Nonfat Plain, Vanilla
- Low-fat Strawberry, Vanilla
- Light Plain

**Chobani**
- Greek Low-fat Plain
- Greek Nonfat Plain, Strawberry, Vanilla

**Coburn Farms**
- Low-fat Plain

**Dannon**
- Low-fat Plain, Vanilla
- Nonfat Plain

**Food Club**
- Greek Nonfat Plain, Vanilla
- Low-fat Strawberry, Vanilla

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

**H-E-B**
- Greek Nonfat Honey, Plain, Strawberry, Vanilla
- Blended Low-fat Peach, Strawberry, Vanilla

**H-E-B Organics**
- Greek Nonfat Plain, Vanilla

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

**Hill Country Fare**
- Greek Nonfat Plain, Vanilla
- Low-fat Plain, Vanilla

**Kroger**
- Low-fat Plain, Vanilla

**LALA**
- Low-fat Plain

**Lucerne**
- Greek Nonfat Plain
- Low-fat Peach, Strawberry, Vanilla
- Nonfat Plain

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

**Open Nature**
- Greek Nonfat Plain, Vanilla

**Oikos**
- Greek Nonfat Plain, Vanilla

**Simple Truth Organic**
- Greek Nonfat Plain, Vanilla

**Stonyfield**
- Greek Nonfat Plain, Vanilla

**The Greek Gods**
- Greek Nonfat Plain

**Yoplait**
- Low-fat Blueberry, Peach, Strawberry, Strawberry Banana, Vanilla

### Whole Milk Yogurt

#### Children 1 Year Old
- 32 oz. (quart-sized) container

**Brown Cow**
- Whole Milk Cream Top Plain, Vanilla

**Chobani**
- Greek Whole Milk Plain

**Dannon**
- Whole Milk Plain, Vanilla

**Great Value**
- Greek Whole Milk Plain

**H-E-B Organics**
- Whole Milk Plain, Vanilla

**H-E-B Organics**
- Whole Milk Plain, Vanilla

**Lucerne**
- Whole Milk Plain, Vanilla

**Mountain High**
- Whole Milk Plain, Strawberry, Vanilla

**Open Nature**
- Greek Whole Milk Plain (4%)

**Simple Truth Organic**
- Greek Whole Milk Plain, Vanilla

**Stonyfield**
- Whole Milk Plain, Strawberry, Vanilla

**The Greek Gods**
- Greek Whole Milk Plain

**Winco**
- Whole Milk Plain
Cold and Hot Cereals

Choose These Brands

- 12 oz., 18 oz., 24 oz. or 36 oz. packages only

Higher in whole grain
Gluten-free

How to buy 36 oz. of cereal:

- 12 oz., 18 oz., 24 oz.
- 12 oz., 18 oz., 24 oz., 36 oz.
- 12 oz., 18 oz., 24 oz., 36 oz.
- 24 oz.
- 36 oz.

Frosted Mini Wheats
Corn Flakes
All-Bran Complete Wheat Flakes
Special K Original
Rice Krispies
Crispix

Cheerios
Chex
KIX
Great Grains

Life
Kashi
Grain Berry
Malt-O-Meal

Instant Grits
Quaker Original Instant Oatmeal
Cream of Wheat
Malt-O-Meal
Grape-Nuts Flakes
Great Grains

Malt-O-Meal Mini Spooners
Malt-O-Meal Mini Spooners Frosted
Malt-O-Meal Mini Spooners Strawberry Cream

**counts as 24 oz. item**
Whole Wheat Bread

Look for the Pink WIC Sticker

• 16 oz. (1 lb.) loaf
• 100% whole wheat

✗ Not WIC Approved: Sugar-free bread.

Shopping Tip: Look carefully for the pink WIC Approved Item sticker to make sure you get the correct bread.

Tortillas

Choose Any Brand

• 16 oz. (1 lb.) package, shelf or refrigerated
• Whole wheat, yellow corn or white corn

✗ Not WIC Approved: White flour, organic, “low-carb,” store made, tostadas or shells.

Brown Rice

Choose Any Brand

• 14 oz. to 16 oz. package
• Regular or instant

✗ Not WIC Approved: White rice, added seasonings or boil-in-bag rice.

Oatmeal

Choose These Brands

• 16 oz. (1 lb.) package
  3-Minute Brand – Quick, Old Fashioned Oats
  Avelina – Quick, Old Fashioned Oats
  Better Oats Organic – Quick, Old Fashioned Oats
  Granvita – Oats
  Mom’s Best Naturals – Quick, Old Fashioned Oats

Shopping Tip: Oatmeal in 16 oz. packages count as a whole grain. Oatmeal in packets count as cereal. See page 8 for more information.

Whole Wheat Pasta

Choose Any Brand

• 16 oz. (1 lb.) box or bag
• 100% whole wheat
• Organic or regular
• Any shape such as elbows, penne, rotini, spaghetti or spirals

✗ Not WIC Approved: Gluten-free, protein-enriched or white pasta.

Lactose-Free Milk

Choose Any Brand

Children 2 to 5 Years Old and Women
• Fat-free or low-fat (1%) in a half gallon

Children 1 Year Old
• Whole milk in a half gallon

✗ Not WIC Approved: High-protein, organic, flavored milk (such as chocolate), milk with DHA or omega-3.

Soy Milk

Choose These Brands

• 32 oz. container, half gallon or 2-pack of half gallons
• Refrigerated or shelf-stable
  8th Continent – Original, Vanilla
  Great Value – Original
  Pacific Ultra Soy – Original
  Silk – Original

✗ Not WIC Approved: Organic or light soy milk.

Shopping Tip: Lactose-free and soy milk benefits are listed in gallons, but must be purchased in half gallons.

Evaporated Milk

Choose Any Brand

Children 2 to 5 Years Old and Women
• Fat-free or low-fat (1%) in a 12 oz. can

Children 1 Year Old
• Whole milk in a 12 oz. can

✗ Not WIC Approved: Sweetened condensed milk or evaporated filled 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. or 64 oz. package
Infants 6 - 11 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, quinoa, rice, pasta, yogurt or meat.
- Pouches, dinners or toddler foods.
- Added ingredients such as DHA, sugar or salt.

**Choose These Brands**

**Baby Cereal**
- 8 oz. or 16 oz. container
- Organic or regular
- Corn, Multigrain, Oatmeal, Rice or Whole Wheat

Beech-Nut
Gerber
Earth's Best

**Not WIC Approved:** Cereal with fruit, formula, DHA or added ingredients.

**Fully Breastfeeding Infants 6 - 11 Months**

**Choose Any Brand**

**Baby Food Meats**
- 2.5 oz. single container — no multi-packs
- 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**
- 2.5 to 12 oz. can or pouch
- Chunk light
- Packed in water, oil or vegetable broth

**Salmon**
- 2.5 oz. to 14.75 oz. can or pouch
- Pink salmon
- Packed in water or oil

**Sardines**
- 3.75 oz. to 15 oz. can
- Packed in water, oil, tomato sauce, hot sauce, mustard or with lemon

**Mackerel**
- 4 oz. to 15 oz. can
- Atlantic, Pacific Chub or Jack
- Packed in water, oil or with lemon

**Not WIC Approved:**
- Flavored, albacore, tongol, yellowfin or wild skipjack tuna.
- Flavored, smoked, sockeye or red salmon.
- King mackerel.
- Premium brands or items with olives, peppers or jalapeños.

**Breastfeeding women get:**
- More WIC foods.
- Breastfeeding support.
- WIC benefits longer.

For breastfeeding support and information, call:

Texas Lactation Support Hotline 855-550-6667

This service is free and available 24 hours a day, 7 days a week.
**SPECIAL FOOD PACKAGES**

**Fully Breastfeeding Twins, Triplets or More**

**Cheese**

Choose These Brands

- 8 oz. package
- Block or sliced
- Regular, reduced-fat, low-fat
- American
- Cheddar
- Colby
- Colby-Jack
- Best Choice
- Brookshire
- Food Club
- Great Value
- H-E-B
- Kraft
- Kroger
- Lucerne
- Wisconsin's Finest

**Shopping Tip:** These cheeses will not be labeled with the pink **WIC Approved Item** stickers.

**Not WIC Approved:** Individually wrapped slices, shredded, cheese food product, from the deli or imported cheese.

**Whole Wheat Bread**

Choose These Brands

- 20 oz. to 24 oz. loaf
  - Great Value – 100% Whole Wheat 20 oz.
  - H-E-B – 100% Whole Wheat 20 oz.
- Mrs Baird’s – 100% Whole Wheat 20 oz.
- Nature’s Own – 100% Whole Wheat 20 oz.
- Private Selection – 100% Whole Wheat 24 oz.
- Signature Select – 100% Whole Wheat 20 oz.
- Sara Lee – 100% Whole Wheat 20 oz.

**Shopping Tip:** These breads will not be labeled with the pink **WIC Approved Item** stickers.

**Tortillas**

Choose These Brands

- 20 oz. to 24 oz. package
- Yellow or white corn
  - Kroger – White Corn Tortillas 24 oz.
  - Mi Tienda – Yellow Corn Tortillas 21 oz.
  - Tia Rosa – Yellow Corn Tortillas 20 oz.

**Shopping Tip:** These tortillas will not be labeled with the pink **WIC Approved Item** stickers.

**Juice**

Choose These Brands

- 6-pack of 5.5 oz. or 6 oz. cans
- Unsweetened 100% juice with vitamin C
  - Campbell’s – Tomato
  - Dole – Pineapple, Pineapple Orange
  - Ruby Kist – Apple, Grapefruit, Orange, Pineapple
  - TexSun – Orange, Pink Grapefruit
  - V8 – Original, Low Sodium Original, Spicy Hot

**Only if listed on your WIC Shopping List**

- 8-pack of 6.75 oz. boxes
- Unsweetened 100% juice with vitamin C
  - Juicy Juice – Apple, Berry, Grape, Punch, Orange Tangerine, Strawberry Watermelon

**Shopping 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. or 64 oz. package

**Cheese**

Choose These Brands

- 8 oz. package
- Block or sliced
- Regular, reduced-fat, low-fat
- American
- Cheddar
- Colby
- Colby-Jack
- Best Choice
- Brookshire
- Food Club
- Great Value
- H-E-B
- Kraft
- Kroger
- Lucerne
- Wisconsin's Finest
- Provolone
- Swiss

**Not WIC Approved:** Individually wrapped slices, shredded, cheese food product, from the deli or imported cheese.

**Shopping Tip:** These cheeses will not be labeled with the pink **WIC Approved Item** stickers.
**SPECIAL FOOD PACKAGES**

**Kosher Milk and Cheese**

**Kosher Milk**

*Choose These Brands*

**Children 2 to 5 Years Old and Women**
- Fat-free or low-fat (1%) in a half gallon or gallon

**Children 1 Year Old**
- Whole milk in a half gallon or gallon
  - *Pride of the Farm*

**Kosher Cheese**

*Choose These Brands*

- 16 oz. (1 lb.) package
  - Haolam – Cheddar, mozzarella
  - Miller’s – Mozzarella
  - Natural & Kosher – Mozzarella (block or sliced), White American

**Fully Breastfeeding Twins, Triplets or More**
- 8 oz. package
  - Haolam – Cheddar

**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 ............ 512-502-8445

**Dallas Area**
- Tom Thumb - 11920 Preston Road ............ 972-392-2501
- Tom Thumb - 1380 West Campbell Road ... 972-680-6010

**Houston Area**
- H-E-B - 4955 Beechnut Street ............... 713-662-4000
- H-E-B - 5106 Bissonnet ....................... 713-218-1600
- Kroger - 10306 South Post Oak ............... 713-721-7691
- Randalls - 4800 West Bellfort ............... 713-721-0011

**San Antonio**
- H-E-B - 8503 NW Military Highway ........ 210-479-4300

**WIC SHOPPING FAQs**

**How do I use my WIC card at checkout?**
- After all of your items are scanned you will pay for your WIC items first.
- Insert your WIC card into the reader and enter your PIN. Leave the card in the reader until told to remove it.
- 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 card.
- Check the items on the receipts and press approve to complete your transaction. Save your receipts!

**What if an item doesn’t scan at checkout?**
- Check your shopping list or benefit balance to make sure you have available benefits on your card.
- Check the shopping guide to make sure the item is the correct size and brand.
- 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 as a WIC item, you can pay for it with your other groceries or put it back.

**Still think it should have scanned as a WIC item?**

Scan the QR code to provide more information. WIC will review the item and let you know why it didn’t scan, or add it to our database for the future.

**How do I know what’s left on my WIC card?**
- A WIC benefit balance receipt prints out after shopping. It shows how much is left on your card for the rest of the month.
- You can check your benefit balance anytime at a grocery store, your WIC office or on the Texas WIC app. Benefits on the app may be 2-5 days behind.

**What if I lose my card?**

If your Texas WIC Card is lost, stolen or damaged, contact your WIC office or call 800-942-3678. If it’s locked, you will need to go to your WIC office to reset your PIN.
Visit TexasWIC.org to:

- Learn more about WIC
- Start your application
- Find breastfeeding and nutrition information
- Take free online classes

Call 800-942-3678 for more information.

Information for vendors:
bit.ly/TexasWICVendors

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

WIC helps you make amazing kids!

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