

# TEXASWIC SHOPPING GUIDE



Effective April 2026 to March 2027.

# Before You Shop

Look through this guide before you shop to see the brands and sizes of food you can buy with your Texas WIC card. You can also view the shopping guide on the **myWIC** app. Use myWIC at the store or bring this guide with you.

You will also need your WIC benefit list when you shop. Use myWIC to see your benefits or bring the benefit list that you got at the WIC office. 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.

**myWIC**



Download the myWIC app and link your Texas WIC card to:

- Check your WIC benefits.
- Scan items to see if they are WIC Approved.
- View shopping guide updates.

[texasshhs.org/mywic](https://texasshhs.org/mywic)



***See pages 16-17 for more information on the myWIC scan feature and WIC Shopping FAQ.***

# 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.

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

# FRUITS and VEGETABLES

## Fruits and Vegetables

### Choose Any Brand

- Single or mixed.
- Organic or regular.



### Fresh

- Whole, cut, packaged or bagged.
- Fresh cut herbs.
- Beans and peas, such as fresh lima beans or black-eyed peas.

### ✗ Not WIC Approved:

- Items from the salad bar, party trays with dip or fruit baskets.
- Items with dressing, croutons or toppings.
- Decorative or ornamental foods.
- Spices, dried herbs or potted herbs.

### Frozen

- Any package size and type.
- Frozen beans and peas, such as edamame, green beans, black-eyed peas or lima beans.



### ✗ Not WIC Approved:

- Creamed, sauced or breaded vegetables.
- Added sugars, artificial sweeteners, oil, rice, grains or other ingredients.

## Cans, Glass Jars and Plastic Containers

- Any package size.
- Fruit in juice or water.
- Applesauce must be unsweetened.



### ✗ 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.
- Items with water or juice listed as the first ingredient.

**🛒 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 6 for more information.



## Milk

Look for the Pink WIC Sticker



### Children 2 to 5 Years Old and Women

- Fat-free skim 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).

*A quart is only available if it's listed on your benefits.*

**✗ Not WIC Approved:** Organic, 2%, flavored (such as chocolate), added DHA or omega-3, oat, almond or goat 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.



# WHOLE GRAINS

## Whole Wheat Bread, Bagels and Buns

### Choose Any Brand

- 12 oz. to 24 oz. packages.
- Bread, bagels or buns.
- 100% whole wheat or 100% whole grain.



**✗ Not WIC Approved:** Organic, sugar-free or store-made items.

## Tortillas

### Choose Any Brand

- 10 oz. to 48 oz. packages, shelf or refrigerated.
- Whole wheat, white corn, yellow corn or blue corn.



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

## Brown Rice

### Choose Any Brand

- 14 oz. to 32 oz. packages.
- Regular, organic or instant.



**✗ Not WIC Approved:** White rice, sprouted rice, boil-in-bag, microwaveable cups or pouches.

## Whole Wheat Pasta

### Choose Any Brand

- 12 oz. to 16 oz. packages.
- 100% whole wheat.
- Organic or regular.
- Any shape such as elbow, penne, rotini, spaghetti or spiral.



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

## Bulgur

### Choose Any Brand

- 10 oz. to 24 oz. packages.
- Organic or regular.



**✗ Not WIC Approved:** Bulgur mixed with other grains.

# WHOLE GRAINS

## Oatmeal

### Choose These Brands


- 16 oz. to 42 oz. packages.
- Old fashioned, quick or steel cut.
- Organic or regular.



Always Save  
Avelina  
Best Choice  
Best Yet  
Better Oats  
Brookshire's  
Clearly Organic

Food Club  
Full Circle Market  
Good & Gather  
Granvita  
Great Value  
H-E-B  
Kroger

Mija  
Mom's Best  
Mountain View Farm  
O Organics  
Signature Select  
Simple Truth  
Winco

 **Shopping Tip:** Brands of oatmeal listed here count as whole grains. Oatmeal in packets count as cereal. See page 9 for oatmeal packet brands.

## Quinoa


### Choose These Brands

- 12 oz. to 48 oz. packages.
- Organic or regular.

Clearly Organic  
Good & Gather  
Great Value  
H-E-B

Kroger  
O Organics  
Simple Truth Organic  
Sunrise Natural



 **Not WIC Approved:** Quinoa mixed with other grains.

## Corn Masa Flour

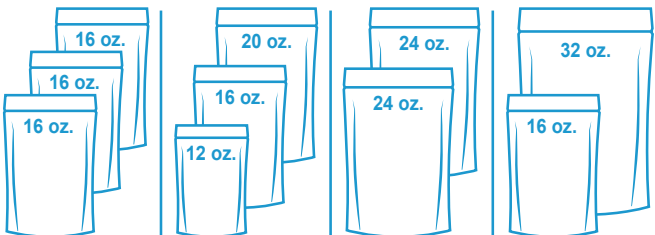
### Choose These Brands

- 32 oz. package.
- White corn, yellow corn or blue corn.

Maseca  
Masabrosa



## How to buy 48 oz. of whole grains:



Or any combination that adds up to 48 oz.

# BEANS • PEANUT BUTTER

## 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. cans.
- Regular, low sodium or organic.
- Any type of bean.
- Refried beans must be fat-free.



**✗ 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 don't count as canned beans. See page 2 for more information.

## Peanut Butter

### Choose Any Brand

- 16 oz. to 18 oz. jars.
- 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

or



4 cans of beans

or



1 jar of peanut butter

## Fish

Choose Any Brand

### Tuna

- 2.5 oz. to 12 oz. cans or pouches.
- Chunk light.
- Packed in water, oil or vegetable broth.



**✗ Not WIC Approved:** Flavored, albacore, tongol, yellowfin or wild skipjack tuna.

### Salmon

- 2.5 oz. to 14.75 oz. cans or pouches.
- Pink salmon.
- Packed in water or oil.



**✗ Not WIC Approved:** Flavored, smoked, sockeye or red salmon.

### Sardines

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



**✗ Not WIC Approved:** Premium brands or items with olives, peppers or jalapeños.

### Mackerel

- 4 oz. to 15 oz. cans.
- Atlantic or Pacific chub.
- Packed in water, oil or with lemon.



**✗ Not WIC Approved:** King or jack mackerel.


**🛒 Shopping Tip:** You can choose different items and sizes that add up to the amount of your benefits.



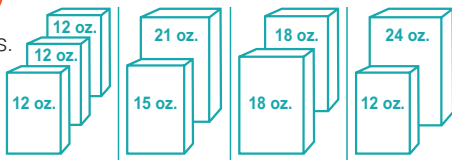
# BREAKFAST CEREAL

## Choose These Brands

• 8 oz. to 36 oz. packages.

-  Higher in whole grain
-  Gluten-free

How to buy 36 oz. of cereal:



### Cheerios

Multi Grain, Veggie Blends Blueberry Banana, Veggie Blends Apple Strawberry, Hearty Nut Medley, Original



### Quaker Oatmeal Squares

Brown Sugar, Honey Nut



### Frosted Mini Wheats

Blueberry Muffin, Little Bites, Strawberry, Original



### Grape-Nuts

Original, Flakes



### Kashi

Honey Toasted, Cocoa Clusters, Blueberry Clusters



### Grain Berry

Original Toasted Oats, Apple Cinnamon, Cinnamon Frosted, Multi-Bran Flakes



### Total



### Kix

Original



### Mott's

Very Berry, Apple Cinnamon



### Bluey



### Chex

Blueberry, Cinnamon, Corn, Rice, Strawberry Vanilla, Wheat



### Wheaties

Original

# BREAKFAST CEREAL



**Honey Bunches of Oats**

Cinnamon Bunches, Honey Roasted, Maple & Pecans, Vanilla, with Almonds



**Rice Krispies**



**Post Bran Flakes**



**Great Grains**

Banana Nut Crunch, Crunchy Pecan



**Crispix**



**Kellogg's Corn Flakes**



**Life**

Original



**Mighty Life**

Strawberry Blueberry Bliss, Very Vanilla



**Special K**

Protein, Cinnamon Pecan, Original



**Mija Honey Oat Flakes**

With Almonds, Original



**Mija Corn Flakes**

Original



**Mija Crispy Rice**

Original



**Complete Bran**



**Cream of Wheat**

Whole Grain, 2 1/2 Minute, 1 Minute, Instant Original



**Cream of Rice**

Instant



**Quaker Grits**

Instant Original



**Malt-O-Meal Crispy Rice**



**Malt-O-Meal**

Original



**Mountain View Farm**

Instant Original



**Quaker Oatmeal**

Instant Original



**Malt-O-Meal Mini Spooners**

Frosted, Strawberry Cream

## Low-Fat and Nonfat Yogurt

### Choose These Brands

#### Children 2 to 5 Years Old and Women

- 32 oz. (quart-sized) container.
- Multipacks available in highlighted brands.



#### Activia Multipack

- 4-pack of 4 oz. cups (buy two to equal a quart).
- Low-Fat Mango, Mixed Berry, Peach, Prune, Strawberry, Strawberry Banana, Vanilla.

#### Best Choice

- Greek Nonfat Plain, Vanilla.
- Low-Fat Peach, Strawberry, Strawberry Banana, Vanilla.
- Nonfat Plain.

#### Brookshire's

- Greek Nonfat Plain, Vanilla.

#### Chobani

- Greek Low-Fat Plain, Vanilla Cinnamon.
- Greek Nonfat Plain, Strawberry, Vanilla.

#### Dannon

- Low-Fat Plain, Vanilla.
- Nonfat Plain.

#### Food Club

- Greek Nonfat Plain, Vanilla.
- Low-Fat Strawberry, Vanilla.

#### Great Value

- Greek Nonfat Plain, Strawberry, Vanilla.
- Nonfat Plain.

#### H-E-B

- Greek Nonfat Plain, Strawberry, Vanilla.
- Blended Low-Fat Peach, Strawberry, Vanilla.

#### H-E-B Organics

- Greek Nonfat Plain, Vanilla.

#### Hill Country Fare

- Greek Nonfat Plain, Vanilla.
- Low-Fat Plain, Vanilla.

#### Kroger

- Greek Nonfat Plain, Vanilla.
- Low-Fat Plain, Vanilla.

#### LALA

- Low-Fat Mango, Plain, Strawberry, Vanilla.

#### Lucerne

- Greek Low-Fat Plain.
- Greek Nonfat Plain, Strawberry, Vanilla.
- Low-Fat Peach, Strawberry, Vanilla.
- Nonfat Plain.

#### Mija

- Low-Fat Mango, Strawberry Banana.

#### Mija Multipack

- 8-pack of 4 oz. cups.
- Greek Low-Fat Mango, Strawberry, Strawberry Banana.

#### Mountain High

- Fat-Free Plain.
- Low-Fat Plain, Vanilla.

#### Oikos

- Greek Nonfat, Vanilla.
- Triple Zero Plain.

#### Simple Truth Organic

- Greek Nonfat Plain, Vanilla.
- Low-Fat Plain, Vanilla.

## Smart Way

- Greek Nonfat Plain.

## Stonyfield

- Greek Nonfat Plain.
- Low-Fat Plain, Vanilla.
- Nonfat Plain, Vanilla.

## Winco

- Greek Nonfat Plain, Vanilla.
- Low-Fat Peach, Strawberry, Vanilla.

## Yoplait

- Low-Fat Blueberry, Peach, Strawberry, Strawberry Banana, Vanilla.

## Yoplait Kids Multipack

- 8-pack of 4 oz. cups.
- Low-Fat Berry, Blueberry, Cotton Candy, Raspberry, Strawberry Banana, Strawberry, Wild Berry.

## Whole Milk Yogurt

### Choose These Brands

#### Children 1 Year Old

- 32 oz. (quart-sized) container.
- Multipacks available in highlighted brands.

#### Best Choice

- Whole Milk Greek Plain.

#### Bettergoods

- Whole Milk Greek Plain.

#### Brookshire's

- Whole Milk Greek Plain.

#### Brown Cow

- Whole Milk Cream Top Maple, Plain, Vanilla.

#### Chobani

- Greek Whole Milk Plain.

#### Dannon

- Whole Milk Plain, Vanilla.

#### H-E-B

- Greek Whole Milk Plain.

#### H-E-B Organics

- Whole Milk Plain, Vanilla.

#### H-E-B Organics Multipack

- 4-pack of 4 oz. cups (buy two to equal a quart).
- Mixed Berry, Strawberry, Strawberry Banana.

#### Kroger

- Greek Whole Milk Plain, Vanilla.
- Whole Milk Plain.

#### Lucerne

- Greek Whole Milk Plain.
- Whole Milk Plain, Vanilla.

#### Mija

- Greek Whole Milk Strawberry.

#### Mija Multipack

- 8-pack of 4 oz. cups.
- Greek Whole Milk Strawberry.

#### Mountain High

- Whole Milk Plain, Strawberry, Vanilla.

#### Simple Truth Organic

- Greek Whole Milk Plain.

#### Stonyfield

- Whole Milk Plain, Strawberry, Vanilla.

#### The Greek Gods

- Greek Whole Milk Plain.

#### Winco

- Whole Milk Plain.



# SPECIAL MILKS

## Lactose-Free Milk

### Choose Any Brand

#### Children 2 to 5 Years Old and Women

- Fat-free or low-fat (1%) in a half-gallon or 96 oz. container.

#### Children 1 Year Old

- Whole milk in a half-gallon or 96 oz. container.



**✗ Not WIC Approved:** High-protein, organic, 2%, flavored (such as chocolate), or with added DHA or omega-3.

## 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. packages.



## Soy Milk

### Choose These Brands

- 32 oz. container, half-gallon or 96 oz. container.
- Refrigerated or shelf-stable.

**8th Continent** – Original.

**Bettergoods** – Original.

**Silk** – Original, Unsweetened, Vanilla.



**🛒 Shopping Tip:** Soy milk benefits are listed in gallons but can be purchased in half-gallons.

## Pea Protein Milk

### Choose These Brands

- 48 oz. refrigerated containers.
- Ripple Kids** – Original, Unsweetened.  
**Ripple** – Original, Unsweetened.



**✗ Not WIC Approved:** Vanilla.

## Tofu

### Choose These Brands

- 14 oz. to 16 oz. (1 lb.) refrigerated packages.
- Regular or organic.



**Azumaya** – Firm, Extra Firm.

**Banyan** – Soft, Medium Hard, Hard.

**Franklin Farms** – Soft, Medium Firm, Firm, Extra Firm.

**Green Valley** – Firm.

**H-E-B Organics** – Firm, Extra Firm.

**House Foods** – Medium Firm, Firm, Extra Firm.

**Nasoya** – Firm, Extra Firm.

**O Organics** – Firm, Extra Firm.

**Simple Truth Organic** – Firm, Extra Firm.

**✗ Not WIC Approved:** Seasoned tofu.

## Juice

### Look for the Pink WIC Sticker



- 100% juice.

### Bottled Juice

64 oz. plastic bottle.

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

### Frozen Juice

16 oz. container.

- Apple
- Orange

### Refrigerated Juice

64 oz. carton or plastic bottle.

- Orange



**✗ Not WIC Approved:** Added sugar or sweetener, juice cocktail.

**🛒 Shopping Tip:** You can get one container of juice instead of some of your fruit and vegetable benefits. Please ask the staff at your WIC office about this substitution.

## Infants 6-11 Months

Choose Any Brand

### Baby Food Fruits and Vegetables



- 4 oz. container (single, 2-pack or variety pack).
- 2 oz. container (2-pack or variety pack).
- Single or mixed fruits, vegetables or both.
- Regular or organic.



#### ✗ 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.
- Items with water listed as the first ingredient.

**Shopping Tip:** You can exchange some of your baby food benefits for fruits and vegetables. Please ask the staff at your WIC office about this substitution.

Choose These Brands

### Baby Cereal

- 8 oz. or 16 oz. containers.
- Organic or regular.

**Gerber** – Multigrain, Oatmeal, Rice.

**Earth's Best** – Multigrain, Oatmeal.



✗ 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 or variety pack of 2.5 oz. containers.
- 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.

## 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.



 **Shopping Tip:** Kosher milk and cheese will only scan as WIC approved if they are on your benefits. Talk to the staff at your WIC office if you would like these items.

## 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** - 7015 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

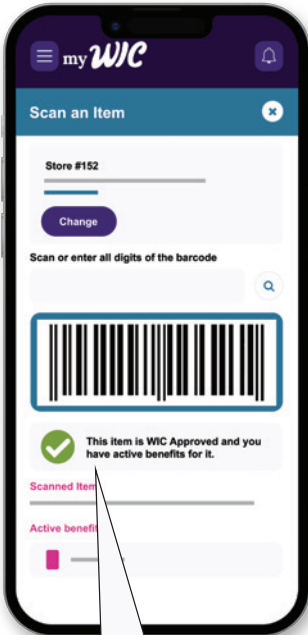
### Houston Area

- **H-E-B** - 4955 Beechnut Street ..... 713-662-4000
- **Kroger** - 10306 South Post Oak Road..... 713-721-7691

### San Antonio

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

myWIC



You can scan items while you shop with the myWIC app! The scan feature on myWIC tells you if an item is WIC Approved and if you have active benefits for it.

Scan the QR code to get started with myWIC.



This item is WIC Approved and you have active benefits for it.

## Breastfeeding women get:

- More WIC foods.
- Breastfeeding support.
- WIC benefits longer.

*For breastfeeding support and information, call the Texas Lactation Support Hotline at 855-550-6667.*

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

## How do I use my WIC card at checkout?

- After all your items are scanned, you will pay for your WIC items first.
- Pay with your WIC card and enter your PIN.
- 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 benefit balance to make sure you have available benefits on your card.
- Check the shopping guide or myWIC to make sure the item is the correct size and brand.
- If it still doesn'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 or use the Report WIC Food Item Not Scanning link in myWIC to provide more information. WIC will review the item and let you know why it didn't scan, or it will be added to the database for future purchases.



## What if I lose my card?

If your Texas WIC card is lost, stolen or damaged, let WIC know right away. Use myWIC or contact your WIC office to cancel your card and get a replacement.

**Scan this QR code for more information on your Texas WIC card.**



## Visit [TexasWIC.org](https://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.

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**Information  
for vendors:**



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Services



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Stock no. WIC-34 Rev. 4/26