

TEXAS **WIC**

# SHOPPING GUIDE

Effective October 1, 2020



# 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

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



Download the **myTexasWIC** shopping app on the **Google Play Store** or **Apple App Store**. With **myTexasWIC** you can scan items at the store to see if they are WIC approved, check your WIC benefits and view this **Texas WIC Shopping 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
- Kosher Milk and Cheese
- No Refrigeration

# Milk

**WIC** Approved Item

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)

**Quart only if on shopping list.**

**NOT WIC APPROVED:** 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
- Mozzarella string cheese (16 oz.)
- American
- Colby-Jack
- Cheddar
- Longhorn
- Colby
- Monterey Jack
- Mozzarella



**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
- 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 yogurt
- 32 oz. (quart-sized) container
- Best Choice** - Low-fat Strawberry, Vanilla, Light Plain
- Coburn Farms** - Low-fat Plain
- Dannon** - Low-fat Plain, Vanilla, Nonfat Plain
- Food Club** - Low-fat Plain, Vanilla
- Great Value** - Low-fat Peach, Strawberry, Vanilla, Strawberry Banana, Nonfat Plain
- H-E-B Blended** - Low-fat Peach, 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
- Simple Truth Organic** - Low-fat Plain, Vanilla
- Stonyfield** - Low-fat Plain, Vanilla, Nonfat Plain, Vanilla
- Winco** - Low-fat Peach, Strawberry, Vanilla, Nonfat Plain
- Yoplait** - Low-fat Blueberry, Peach, Strawberry, Strawberry Banana, Vanilla, Nonfat Plain

## Children 1 Year Old

- Whole milk yogurt
- 32 oz. (quart-sized) container
- Brown Cow** - Cream Top Plain, Vanilla
- Dannon** - Plain, Vanilla
- H-E-B Organics** - Plain, Vanilla
- Kroger** - Plain
- Lucerne** - Plain, Strawberry, Vanilla
- Mountain High** - Plain, Strawberry, Vanilla
- Prairie Farms** - Plain
- Stonyfield** - Plain, Strawberry, Vanilla

**NOT WIC APPROVED:** Greek yogurt.



# 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).
- 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 or breaded vegetables.
- With added sugars, artificial sweeteners, fats or oils.
- Vegetables or beans mixed with pasta, rice or any other ingredients.

## Cans, Glass Jars and Plastic Containers

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



### NOT WIC APPROVED:

- Pouches or packets.
- Dried fruits or vegetables.
- Fruit with added sugars, artificial sweeteners or syrup.
- Creamed vegetables or vegetables with sauce, oil or meat.
- Soups, ketchup, pickles or olives.

## ✓ SHOPPING TIP

Canned green beans, wax beans and lima beans can be purchased with your fruit and vegetable benefits. All other types of canned beans count as canned beans. *See page 7 for more info.*

# 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

## Frozen Juice

**Children** - 16 oz. container

- Apple
- Orange

**Women** - 11.5 oz. to 12 oz. container

- Apple
- Grapefruit
- Orange
- Purple Grape
- White Grape

## Refrigerated Juice

**Children** - 64 oz. carton or plastic bottle

- Orange

**NOT WIC APPROVED:** Juice cocktail, juice with added sugar or sweetener.



# 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

The WIC bread can be hard to find, so look carefully for the pink WIC Approved Item sticker on the shelf.

# Tortillas



Look for the Pink WIC Sticker

- 16 oz. (1 lb.) package
- Yellow or white corn
- Whole wheat refrigerated or shelf

**NOT WIC APPROVED:** White flour tortillas.



# 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

**Best Choice** - Quick, Old Fashioned Oats

**Granvita** - Oats

**Mom's Best Naturals** - Quick, 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**

**Food Club**

**Great Value**

**H-E-B**

**H-E-B Organics**

**Kroger**

**O Organics**

**Raconto**

**Ronzoni Healthy Harvest**

**Signature Select**

**Simple Truth**







## 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, beans with snaps, jalapeños, bacon, pork, oils, in sauce or soups.



### ✓ SHOPPING TIP

Canned green beans, wax beans and lima beans come out of your fruit and vegetable benefit, and do not count as canned 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, jelly or omega-3.



### ✓ SAFETY TIP

Spread a thin layer of creamy peanut butter on toasted bread or sliced fruit. **To prevent choking**, never give a spoonful of peanut butter to a child.


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



# Breakfast Cereal

Choose These Brands

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

 Higher in whole grain

 Gluten free



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



**Cream of Wheat**  
2 1/2 Minute  
12 oz.



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



**Instant Grits**  
Original  
12 oz., 18 oz., 36 oz.



**Cheerios**  
12 oz., 18 oz.,  
24 oz., 36 oz.



**KIX**  
12 oz., 18 oz.



**Berry Berry KIX**  
18 oz.



**Honey KIX**  
18 oz.



**Multi-Grain  
Cheerios**  
18 oz., 24 oz., 36 oz.



**Corn Chex**  
12 oz., 18 oz.



**Rice Chex**  
12 oz., 18 oz.



**Cinnamon Chex**  
12 oz.



**Corn Flakes**  
12 oz., 18 oz.,  
24 oz., 36 oz.



**Frosted  
Mini Wheats**  
18 oz., 24 oz., 36 oz.



**Rice Krispies**  
12 oz., 18 oz., 24 oz.



**Crispix**  
12 oz., 18 oz.



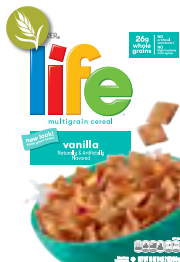
**Special K**  
Original  
12 oz., 18 oz.



**All-Bran**  
Complete Wheat  
Flakes  
18 oz.



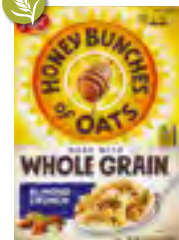
**Life**  
Original  
18 oz.



**Life**  
Vanilla  
18 oz.



**Honey Bunches of Oats**  
Honey Crunch  
18 oz.



**Honey Bunches of Oats**  
Almond Crunch  
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.



**Grape-Nuts**  
Flakes  
18 oz.



**Malt-O-Meal Crispy Rice**  
18 oz., 36 oz.



**Mini Spooners**  
Strawberry Cream  
36 oz.



**Mini Spooners**  
Frosted  
18 oz., 36 oz.

## How to buy 36 oz. of cereal:



# 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

### Gerber

- Multigrain
- Oatmeal
- Rice
- Whole Wheat



### Gerber Organic

- Oatmeal
- Rice



**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**

- 5 oz. can
- Chunk light
- Packed in water or oil
- Regular or low-sodium

**NOT WIC APPROVED:** Albacore, tongol, yellowfin, premium-select, fillets, 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

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

- Half gallon or 2-pack of half gallons

**8th Continent** - Original or Vanilla

**Great Value** - Original

**Silk** - Original

**NOT WIC APPROVED:** Organic, light or fat-free.



## 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:** 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. or 64 oz. package



## Tofu

Choose These Brands

- 16 oz. (1 lb.) refrigerated package

**Azumaya** - Silken, Firm, Extra Firm

**Banyan** - Soft, Medium Hard, Hard

**Green Valley** - Medium Firm, Firm

**House Foods** - Medium Firm, Firm, Extra Firm

**Nasoya** - Silken

**NOT WIC APPROVED:** Lite or seasoned tofu.



# Special Food Package Only

## 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
- Longhorn
- Monterey Jack
- Mozzarella

**Brookshire**

**H-E-B**

**Lucerne**

**Food Club**

**Kraft**

**Wisconsin's Finest**

**Great Value**

**Kroger**



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

#### ✓ SHOPPING TIP

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

### 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 24 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
- Guerrero** - White Corn Tortillas 20 oz.
- 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.

# Special Food Package Only

## Kosher Milk and Cheese

### Kosher Cheese

#### Choose These Brands

- 16 oz. (1 lb.) package

**Haolam** - Cheddar

**Miller's** - Mozzarella

**Natural & Kosher** - Mozzarella (block or sliced), White American



### Fully Breastfeeding Twins, Triplets or More

- 8 oz. package

**Haolam** - Cheddar



### 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**



**NOT WIC APPROVED:** Calcium-fortified, high-protein or flavored milk (such as chocolate).

## 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

### Bellaire

H-E-B - 5106 Bissonnet ..... 713-218-1600

### Dallas

Tom Thumb - 11920 Preston Road ..... 972-392-2501

### Houston

H-E-B - 4955 Beechnut Street ..... 713-662-4000

Kroger - 10306 South Post Oak ..... 713-721-7691

Randalls - 4800 W Bellfort ..... 713-721-0011

### Richardson

Tom Thumb - 1380 West Campbell Road ..... 972-680-6010

### San Antonio

H-E-B - 8503 NW Military Hwy ..... 210-479-4300

# 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

**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

**Nestlé 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

#### Fully Breastfeeding Women

- 8 oz. package
- Block or sliced
- Regular, reduced-fat, low-fat
- American
- Cheddar
- Colby
- Colby-Jack
- Longhorn
- Monterey Jack
- Mozzarella

**Brookshire**

**H-E-B**

**Lucerne**

**Food Club**

**Kraft**

**Wisconsin's Finest**

**Great Value**

**Kroger**



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

### ✓ SHOPPING TIP

These cheeses will not be labeled with the pink WIC Approved Item stickers.



# 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, premium-select, fillets, gourmet tuna or pouches.

**NOT WIC APPROVED:** Smoked, fillets, red salmon or pouches.

### 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 or the myTexasWIC mobile shopping app.

### **What's on my Texas WIC Shopping List?**

- Your monthly WIC food benefits for every eligible family member, listed together.
- The date and time of 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 the approve button.
- Save your receipt!

### **Why do I get two WIC receipts?**

- 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 with you on your next shopping trip.

### **What if I have other problems with my WIC card?**

- If your card is lost, stolen or damaged, contact your WIC clinic or call 1-800-942-3678.
- If it's locked, you will need to go to the clinic to reset your PIN.





## **Visit [TexasWIC.org](https://www.texaswic.org) to:**

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

**Call 1-800-942-3678 for more information.**

**Information for vendors:  
[bit.ly/TexasWICVendors](https://bit.ly/TexasWICVendors)**

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



**WIC helps you make amazing kids!**



**TEXAS**  
Health and Human  
Services



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### **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 available 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 with full barcode. Send to [WICSupport@hhsc.state.tx.us](mailto:WICSupport@hhsc.state.tx.us) with the store name and location so that WIC can look into the issue.