

TEXAS **WIC** SHOPPING GUIDE

Effective October 1, 2021



Getting Started

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.



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



See page 16 for WIC Shopping FAQs

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.

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



NOT WIC APPROVED: Foods listed here cannot be purchased with your Texas WIC Card.

Special Food Packages (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
- 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
- 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, Strawberry, 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, Vanilla, 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

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 black-eyed 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 and peas, such as edamame, green beans, black-eyed peas or 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 count as fruit and vegetable benefits. All other types of canned beans count as canned beans. See page 7 for more info.

Juice

WIC Approved Item

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

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

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
- Avelina** - Quick, Old Fashioned Oats
- Better Oats Organic** - 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

Racconto

Ronzoni Healthy Harvest

Signature Select

Simple Truth Organic





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 count as fruit and vegetable benefits. They 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:



or



or



1 package of dry beans, lentils or peas


4 cans of beans

1 jar of peanut butter

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.



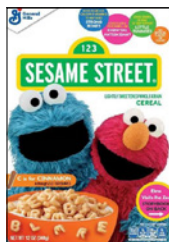
Crispix
12 oz., 18 oz.



Special K
Original
12 oz., 18 oz.



All-Bran
Complete Wheat Flakes
18 oz.



Sesame Street
C is for Cinnamon
12 oz., 18 oz.



Sesame Street
123 Berry
12 oz., 18 oz.



Honey Bunches of Oats
Honey Roasted
18 oz.



Honey Bunches of Oats
Honey Crunch
18 oz.



Honey Bunches of Oats
Vanilla Bunches
18 oz.



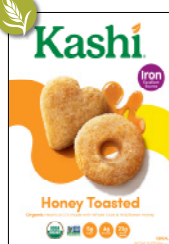
Honey Bunches of Oats
with Almonds
18 oz.



Grape-Nuts Flakes
18 oz.



Great Grains
Banana Nut Crunch
18 oz.



Kashi
Honey Toasted
12 oz.



Kashi
Warm Cinnamon
12 oz.



Life
Original 18 oz.



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

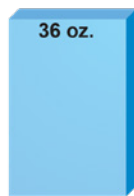
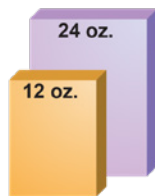
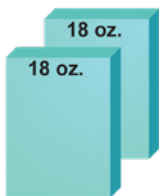


Malt-O-Meal
Mini Spooners
Strawberry Cream
36 oz.



Malt-O-Meal
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

- 32 oz. container, half gallon or 2-pack of half gallons
- Refrigerated or shelf-stable

8th Continent - Original or Vanilla

Great Value - Original

Pacific Ultra Soy - 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: 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



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 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
- Longhorn
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

Best Choice

Brookshire

Food Club

Great Value

H-E-B

Kraft

Kroger

Lucerne

Wisconsin's Finest



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 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



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

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



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

Special Food Packages

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
- 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
- Muenster
- Provolone
- Swiss

Best Choice

Brookshire

Food Club

Great Value

H-E-B

Kraft

Kroger

Lucerne

Wisconsin's Finest



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 Packages

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 women get:

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

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.



WIC Shopping FAQs

How do I use my WIC card at the store?

1. At checkout, tell the cashier you are using a WIC card.
2. Insert the card into the reader and enter your PIN.
3. Leave the card in the reader until told to remove it.
4. The cashier will provide you with two receipts.
5. One receipt shows your starting balance and the other shows which items will be removed from your card.
6. Check the items on the receipts and press approve to complete your transaction.
7. 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?



Please let us know. Scan the QR code to provide us with information on the issue. 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 **myTexasWIC** mobile shopping app. Benefits on **myTexasWIC** may be 2-5 days behind.



NOTES

WIC TIPS:

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



TEXAS
Health and Human
Services



This institution is an equal opportunity provider.
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