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
- Cheddar
- Colby
- Colby-Jack
- Longhorn
- 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

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

WIC Approved Item

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

WIC Approved Item

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
Racconto
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:

1 package of dry beans, lentils or peas

or

4 cans of beans

or

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 ½ 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.

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	• Colby-Jack	
• Cheddar	• Longhorn	
• Colby	• 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.

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

NOT WIC APPROVED: Albacore, tongol, yellowfin, premium-select, fillets, gourmet tuna or pouches.

Salmon

3-pack of 3 oz. cans
- Pink salmon
- Packed in water or oil

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.

NOTES	

Visit 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

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

WIC helps you make amazing kids!

TEXAS Health and Human Services | TEXAS WIC

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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 with the store name and location so that WIC can look into the issue.