Yogurt

Children 2 to 5 Years Old and Women

- Low-fat and nonfat yogurts - 2 lb. (32 oz./907g) containers Best Choice - Low-fat Strawberry,

Vanilla, Light Plain Coburn Farms - Low-fat Plain

Dannon - Low-fat Plain, Vanilla, Nonfat

Great Value - Low-fat Peach, Strawberry, Strawberry Banana, Vanilla, Nonfat Plain

H-E-B Blended - Low-fat Peach, Plain, 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 Shurfine - Low-fat Plain, Vanilla Simple Truth Organic - Low-fat Plain

Stonyfield - Low-fat Plain, Vanilla, Nonfat

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



- 2 lb. (32 oz./907g) containers

40GUR>

Brown Cow - Cream Top Plain, Vanilla Dannon - Plain, Strawberry, Vanilla **H-E-B Organics** - Plain, Vanilla Kroger - Plain

Mountain High - Plain, Strawberry,

Stonyfield - Plain, Strawberry, Vanilla NOT WIC APPROVED: Greek, fruit on the bottom, whipped or with stir-in ingredients.

Choose These Brands

Vanilla, Nonfat Plain

Milk

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) Carton or plastic container.

Quart only if on shopping list. NOT WIC APPROVED: Calcium-fortified,

high-protein, organic, flavored milk (such as chocolate), milk with DHA or

omega-3, rice milk, almond milk or goat's milk. Look for the Pink WIC Sticker

Lactose-Free Milk

Children 2 to 5 Years Old and Women - Fat-free and Low-fat (1%)

Children 1 Year Old - Whole milk • 1/2 gallon (1.89 L)

NOT WIC APPROVED: Calcium-fortified, high-protein, organic, flavored milk (such as chocolate), milk with DHA or omega-3.



Cheese

- 16 oz. (1 lb.) or 32 oz. (2 lb.) packages Block or sliced
- Regular, reduced-fat or low-fat
- · American, Cheddar, Colby, Colby-Jack, Longhorn, Monterey Jack, Mozzarella
- Mozzarella string cheese (16 oz.)

NOT WIC APPROVED: Individually wrapped slices, shredded cheese, cheese food product, cheese with jalapeño peppers, cheese from the deli, organic or imported cheese.

Eggs

- One dozen carton
- Grade A or AA Any size
- White shells only

NOT WIC APPROVED: Brown, organic, free-range,

or pasture raised eggs.



Whole-Wheat Bread WIC Approved Item

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

NOT WIC APPROVED: Sugar-free.



- 16 oz. (1 lb.) package
- Yellow or white-corn
- 100% whole-wheat refrigerated or shelf NOT WIC APPROVED: White-flour tortillas.

Approved Item

Brown Rice

• 16 oz. (1 lb.) package

NOT WIC APPROVED: White rice, added seasonings, sugar, fat, oil or salt.



Look for the Pink WIC Sticker

OLD FASHIONED

OATS

ASHIONEL

OATS

Oatmeal

• 16 oz. (1 lb.) package

Granvita Oats **3-Minute Brand** Quick or Old Fashioned Oats

Best Choice Quick or Old Fashioned Oats

Mom's Best Naturals Quick or Old Fashioned Oats



Whole-Wheat Pasta

- 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 Full Circle Organic **Great Value** H-E-B

H-E-B Organics Hodgson Mill Kroger **O** Organics Racconto

AVENA

Ronzoni Healthy Harvest Shurfine Signature Select Simple Truth

Choose These Brands

TEXAS WIC Approved Foods

Effective October 1, 2019

Fruits and Vegetables

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).
- Pico de gallo.
- Nuts, trail mix or dried fruits and vegetables.
- Bulk dried beans.
- · 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, specially-seasoned or breaded vegetables. · With added sugars, artificial sweeteners, fats or oils.
- · Vegetables or beans mixed with pasta, rice or any other ingredients.

Choose Any Brand

Fully Breastfeeding Women

Tuna

- 5 oz. can
- Chunk light
- · Packed in water or oil
- Regular or low-sodium NOT WIC APPROVED: Albacore.

select, gourmet tuna or pouches.

tongol, yellowfin, fillet, premium-

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.

Choose Any Brand

Fully Breastfeeding Infants 6 to 12 Months

Baby Food Meats

- 2.5 oz. single container no multi-pack
- 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.

Choose Any Brand

Infants 6 to 12 Months

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, chia, amaranth, quinoa, rice, pasta, yogurt or meat.
- Dinners, desserts, toddler foods, refrigerated, cold-pressed or pouches.
- Added ingredients such as DHA, sugar, salt or starches

Choose Any Brand

Baby Cereal

- Gerber MultiGrain 8 oz. and 16 oz.
- Gerber Oatmeal 8 oz. and 16 oz.

(such as rice flour or tapioca).

• Gerber Rice 8 oz. and 16 oz. Gerber Whole Wheat 8 oz.

NOT WIC APPROVED: Cereal with fruit, formula, DHA or added ingredients.



Purple Grape

White Grape

White Grape

Look for the Pink WIC Sticke

Tomato

Vegetable

Choose These Brands

Approved Item Juice

- 100% Juice 80% vitamin C (or more)
- Added calcium and vitamin D are allowed

Juice (Plastic Bottle)

- Children 64 oz. and Women 48 oz. Apple Orange Mango
- Orange Pineapple Cranberry Grapefruit Pineapple
- Orange Pineapple Mango Frozen Juice
- Children 16 oz.
- Apple Orange Women 11.5 oz. - 12 oz.

Children 64 oz.

- Apple Orange
 - Purple Grape

Grapefruit Refrigerated Juice (Carton or Plastic Bottle)

 Orange NOT WIC APPROVED: Apple cider, juice cocktail/drinks, juice with added sugar or sweetener.

For More Information

WIC Clients: www.TexasWIC.org or call 1-800-942-3678

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Vendors: bit.ly/TexasWICVendors TEXAS
Health and Human
Services



Visit our website at TexasWIC.org This institution is an equal opportunity provider.

Breakfast Cereal

• 12 oz., 18 oz. and 36 oz. packages only

Gluten Free

Cheerios

12 oz., 18 oz.

All-Bran

All-Bran

Complete Wheat

Flakes

Whole Grain

oney Bunches

of Oats

Honey Crunch

flakes

Grape-Nuts

Flakes

WHEAT Higher in Whole Grain



Malt-O-Mea

Original





Instant Grits

Cheerios 12 oz., 18 oz.,

Original 12 oz., 18 oz., 36 oz.

Corn Chex

12 oz., 18 oz.



Original





Honey Bunches of Oats



of Oats

Corn Flakes

Mini Spooners Frosted 18 oz. box and bag, 36 oz. bag





36 oz. bag

Approved Item **Dried Beans**

18 oz., 36 oz. bag

- 16 oz. (1 lb.) packages · Black beans, blackeye peas, chickpeas (garbanzos), dark red

kidney beans, great northern beans, navy beans, light red

- kidney beans, pinto beans, green-split peas and lentils
- NOT WIC APPROVED: Added seasonings, bulk or mixed beans.

Peanut Butter

- 16 oz. to 18 oz. jar
- Creamy or crunchy NOT WIC APPROVED: Peanut spread, reduced-fat, organic, with







- Canned Beans
- Regular, low sodium or organic Canned Beans
- Black Beans
- Cannellini Beans
- Chickpeas (garbanzos)
- Dark Red Kidney Beans

• Light Red Kidney Beans

• Great Northern Beans

Pinto Beans

• Fat-Free Refried Black Beans

• Fat-Free Refried Pinto Beans

NOT WIC APPROVED: Beans with snaps, jalapeño peppers, bacon, pork, oils, in sauce or soups.

Choose Any Brand

• 16 oz. (1 lb.) refrigerated

Medium Firm Firm Firm Extra Firm

Choose These Brands

sticker. To get a list of all the approved brands, go to https://texaswic.org/wic-foods-and-recipes/shopping-wic-foods



Stores might not carry every WIC approved food.

Multi-Grain Cheerios



FLAKES

12 oz., 18 oz.,

Honey Bunches

of Oats

Almond Crunch

Original

Corn Flakes

Frosted Mini

Wheats 18 oz., 36 oz.



Honey Bunches Honey Bunches of Oats Vanilla Bunches Cinnamon Bunches

Malt-O-Meal Crispy Rice 12 oz., 18 oz. box and bag, 36 oz. bag

Strawberry Cream 18 oz. box and bag,

Butte

Peanu

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



1 jar of peanut butter 4 cans of beans

Tofu

Medium Hard

Hard

Green Valley Banyan Soft

NOT WIC APPROVED: Lite tofu or seasoned tofu.

WIC Vendors

The Declared Traditionally Least Expensive Brand of WIC foods must be marked with the pink WIC Approved Item

Berry Berry

KIX

Whole Grain

Cream of Wheat







12 oz., 18 oz.







Honey Bunches of Oats Honey Roasted



Choose These Brands



honey, chocolate, marshmallows, jelly, candy pieces or omega-3. Choose Any Brand

1 package of dry beans, lentils or peas

- 15 oz. to 16 oz. cans
- Blackeye Peas



