

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 Plain

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, Vanilla, Nonfat Plain



Children 1 Year Old

- Whole milk yogurts

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

Brown Cow - Cream Top Plain, Vanilla

Dannon - Plain, Strawberry, Vanilla

H-E-B Organics - Plain, Vanilla

Kroger - Plain

Mountain High - Plain, Strawberry, Vanilla

Stonyfield - Plain, Strawberry, Vanilla

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

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

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.

Choose Any Brand



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.)

Children 1 Year Old

- Whole milk
- 1/2 gallon (1.89 L)

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

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Eggs

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

Children 1 Year Old

- Whole milk
- 1/2 gallon (1.89 L)

NOT WIC APPROVED: Brown, organic, free-range, or pasture raised eggs.

Choose Any Brand



Whole-Wheat Bread



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

NOT WIC APPROVED: Sugar-free.

Tortillas



- 16 oz. (1 lb.) package
- Yellow or white-corn
- 100% whole-wheat refrigerated or shelf

NOT WIC APPROVED: White-flour tortillas.

Brown Rice



- 16 oz. (1 lb.) package

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

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Oatmeal

- 16 oz. (1 lb.) package

Granita 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

Choose These Brands

Whole-Wheat Pasta

- 16 oz. (1 lb.) box or bag
- 100% whole-wheat
- Any shape such as elbows, penne, rotini, shells, spaghetti or spirals

Children 1 Year Old

- Whole milk
- 1/2 gallon (1.89 L)

NOT WIC APPROVED: Any shape such as elbows, penne, rotini, shells, spaghetti or spirals

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