



SCAN ME

Only milk, juice, cheese and bread must be marked with a pink WIC Approved Item sticker. Download the myWIC shopping app to see which brands of these foods are WIC approved at a specific store.

# TEXAS WIC APPROVED FOODS

## September 2023

Stores are not required to carry all WIC foods.

For more information:  
WIC Clients: www.TexasWIC.org or call 800-942-3678  
Vendors: bit.ly/TexasWICVendors



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### MILK • CHEESE • EGGS

#### Milk

**Look for the Pink WIC Sticker**

##### Children 2 to 5 Years Old and Women

- Fat-free or low-fat (½% 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 (such as chocolate), with DHA or omega-3, oat, almond or goat's milk.



#### Cheese

**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
- 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
- Organic or regular
- Any size egg in white or brown shells

**Not WIC Approved:** Free-range or pasture-raised eggs.



### YOGURT

#### Low-fat and Nonfat Yogurt

**Choose These Brands**

##### Children 2 to 5 Years Old and Women

- 32 oz. (quart-sized) container

##### Activia

- Low-fat Vanilla

##### Best Choice

- Greek Nonfat Plain, Vanilla
- Low-fat Strawberry, Vanilla
- Light Plain

##### Chobani

- Greek Low-fat Plain, Vanilla Cinnamon
- Greek Nonfat Plain, Strawberry, Vanilla

##### Coburn Farms

- Low-fat Plain

##### Dannon

- Low-fat Plain, Vanilla
- Nonfat Plain

##### Food Club

- Greek Nonfat Plain, Vanilla
- Low-fat Strawberry, Vanilla

##### Great Value

- Greek Nonfat Plain, Strawberry, Vanilla
- Low-fat Peach, Strawberry, Strawberry Banana, Vanilla
- Nonfat Plain

##### H-E-B

- Greek Nonfat Honey, Plain, Strawberry, Vanilla
- Blended Low-fat Peach, Strawberry, Vanilla



### BEANS • PEANUT BUTTER • TOFU

#### 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, soups, added ingredients like meat, vegetables or oil.



**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

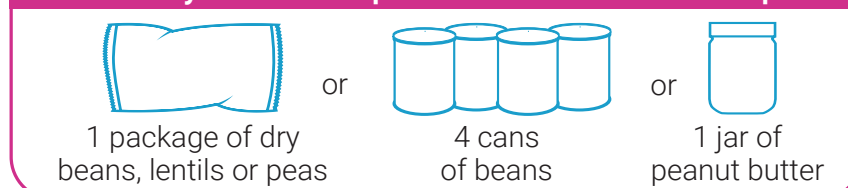
**Choose Any Brand**

- 16 oz. to 18 oz. jar
- Regular or organic
- Creamy or crunchy

**Not WIC Approved:** Peanut butter spread, reduced fat, freshly ground, with added ingredients like honey, chocolate, jelly or omega-3.



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



#### Tofu

**Choose These Brands**

- 16 oz. (1 lb.) refrigerated package
- Azumaya – Silken, Firm, Extra Firm
- Banyan – Soft, Medium Hard, Hard
- Franklin Farms – Soft, Medium Firm, Firm, Extra Firm
- Green Valley – Medium Firm, Firm
- Nasoya – Silken

**Not WIC Approved:** Lite or seasoned tofu.



### FRUITS and VEGETABLES

#### Fruits and Vegetables

**Choose Any Brand**

##### Fresh

- Single or mixed
- Whole, cut, packaged or bagged
- Organic or regular
- 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.

- With dressing, croutons or toppings.
- Decorative or ornamental foods.
- Spices or herbs (such as cilantro, parsley, chives or mint).



##### Frozen

- Single or mixed
- Organic or regular
- 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.

**Cans, Glass Jars and Plastic Containers**

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



**Not WIC Approved:** Pickles, olives or dried fruit.

**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.



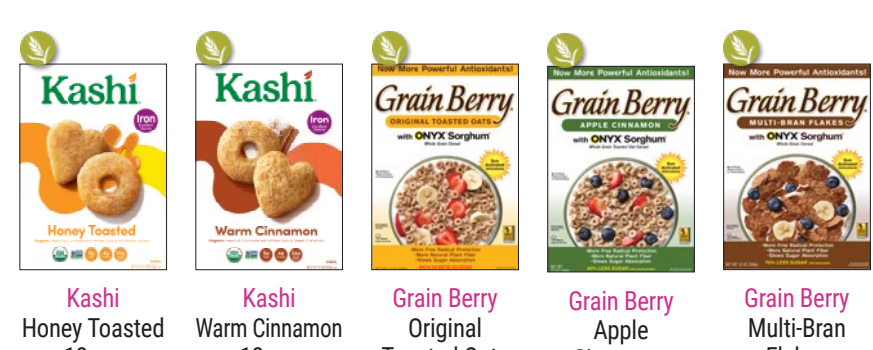
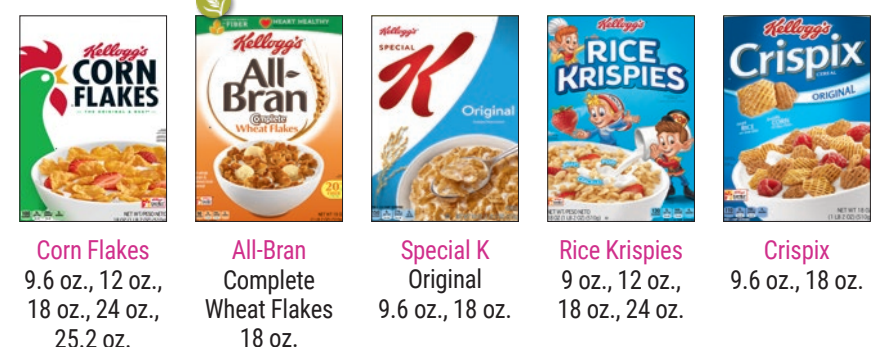
### BREAKFAST CEREAL

#### Cold and Hot Cereals

**Choose These Brands**

- 8 oz. to 36 oz. packages only

Higher in whole grain  
Gluten-free



### JUICE

**Look for the Pink WIC Sticker**

- 100% juice
- Added calcium and vitamin D are allowed

#### Bottled Juice

##### Children

##### Women

- 64 oz. plastic bottle
- 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

##### Women

- 16 oz. container
- Apple
- Orange
- 11.5 oz. to 12 oz. container
- Apple
- Grapefruit
- Orange

#### Refrigerated Juice

##### Children

- 64 oz. carton or plastic bottle
- Orange

**Not WIC Approved:** Juice cocktail, with added sugar or sweetener.

**Shopping Tip:** Check your benefits so you know which size juice to choose.



### YOGURT

#### Low-fat and Nonfat Yogurt

**Choose These Brands**

##### Children 2 to 5 Years Old and Women

- 32 oz. (quart-sized) container

##### Activia

- Low-fat Vanilla

##### Best Choice

- Greek Nonfat Plain, Vanilla
- Low-fat Strawberry, Vanilla
- Light Plain

##### Chobani

- Greek Low-fat Plain, Vanilla Cinnamon
- Greek Nonfat Plain, Strawberry, Vanilla

##### Coburn Farms

- Low-fat Plain

##### Dannon

- Low-fat Plain, Vanilla
- Nonfat Plain

##### Food Club

- Greek Nonfat Plain, Vanilla
- Low-fat Strawberry, Vanilla

##### Great Value

- Greek Nonfat Plain, Strawberry, Vanilla
- Low-fat Peach, Strawberry, Strawberry Banana, Vanilla
- Nonfat Plain

##### H-E-B

- Greek Nonfat Honey, Plain, Strawberry, Vanilla
- Blended Low-fat Peach, Strawberry, Vanilla



### YOGURT

#### Simple Truth Organic

- Greek Nonfat Plain, Vanilla
- Low-fat Plain, Vanilla

#### Stonyfield

- Low-fat Plain, Vanilla
- Nonfat Plain, Vanilla

#### The Greek Gods

- Greek Nonfat Plain

#### Two Good

- Greek Low-fat Plain

#### Winco

- Greek Nonfat Plain, Vanilla
- Low-fat Peach, Strawberry, Vanilla
- Nonfat Plain

#### Yoplait

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

#### Whole Milk Yogurt

**Choose These Brands**

##### Children 1 Year Old

- 32 oz. (quart-sized) container

##### Brown Cow

- Whole Milk Cream Top
- Plain, Vanilla

##### Chobani

- Greek Whole Milk Plain

##### Dannon

- Greek Whole Milk Plain, Vanilla

##### Great Value

- Greek Whole Milk Plain

##### H-E-B Organics

- Whole Milk Plain, Vanilla

##### Kroger

- Greek Whole Milk Plain
- Whole Milk Plain

##### Lucerne

- Whole Milk Plain, Vanilla

##### Mountain High

- Whole Milk Plain, Strawberry, Vanilla

##### Open Nature

- Greek Whole Milk Plain(4%)

##### Simple Truth Organic

- Greek Whole Milk Plain, Vanilla

##### Stonyfield

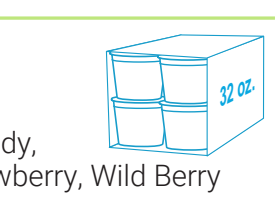
- Whole Milk Plain, Strawberry, Vanilla

##### The Greek Gods

- Greek Whole Milk Plain

##### Winco

- Whole Milk Plain



### WHOLE GRAINS

#### 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

**Choose Any Brand**

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

**Not WIC Approved:** White flour, organic, low-carb, store made, tostadas or shells.



#### 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.

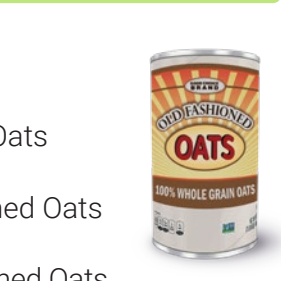


#### Oatmeal

**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

**Shopping Tip:** Oatmeal in 16 oz. packages count as a whole grain. Oatmeal in packets count as cereal.



#### Whole Wheat Pasta

**Choose Any Brand**

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

**Not WIC Approved:** Gluten-free, protein-enriched or white pasta.



### SPECIAL MILKS

#### Lactose-Free Milk

**Choose Any Brand**

##### Children 2 to 5 Years Old and Women

- Fat-free or low-fat (1%) in a half gallon or 96 oz. container

##### Children 1 Year Old

- Whole milk in a half gallon or 96 oz. container

**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, Vanilla
- Great Value – Original
- Pacific Ultra Soy – Original
- Silk – Original

**Not WIC Approved:** Organic or light soy milk.

**Shopping Tip:** Soy milk benefits are listed in gallons, but must be purchased in half gallons.



#### 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



### BABY FOODS

#### 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**