

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 VI COMPONITION OF THE STATE OF THE STA 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



Juice

• 100% juice

Bottled Juice

Frozen Juice

Refrigerated Juice

Orange

Children - 64 oz. carton or plastic bottle

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WIC Approved Item

MILK · CHEESE · EGGS

Milk

Look for the Pink WIC Sticker

Children 2 to 5 Years Old and Women • Fat-free or low-fat (%% or 1%) milk

 Nonfat or low-fat buttermilk in a half gallon Children 1 Year Old

X Not WIC Approved: Organic, flavored (such as chocolate), with

Look for the Pink WIC Sticker

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

X Not WIC Approved: Individually wrapped slices, shredded cheese, cheese food product, cheese from the deli, organic or imported cheese.

Eggs

- Organic or regular

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



Choose These Brands

Children 2 to 5 Years Old and Women •32 oz. (quart-sized) container

Activia

Best Choice

Greek Nonfat Plain,

Vanilla

Vanilla Light Plain

Chobani

 Greek Low-fat Plain, Vanilla Cinnamon

Coburn Farms

 Low-fat Plain **Dannon**

Food Club Greek Nonfat Plain,

Vanilla

Vanilla

Great Value

Low-fat Peach,

Banana, Vanilla Nonfat Plain

Greek Nonfat Honey,

Strawberry, Vanilla

WIC Approved Item

WIC Approved Item

Provolone

in a half gallon or gallon

• Whole milk in a half gallon or gallon (no buttermilk) Quart only if on shopping list.

DHA or omega-3, oat, almond or goat's milk.

Cheese

- Block or sliced

- Monterey Jack

Swiss

Choose Any Brand

- One dozen carton Grade A or AA
- Any size egg in white or brown shells

YOGURT

Low-fat and Nonfat Yogurt

Low-fat Vanilla

Low-fat Strawberry,

Greek Nonfat Plain,

Strawberry, Vanilla

 Low-fat Plain, Vanilla Nonfat Plain

Low-fat Strawberry,

Greek Nonfat Plain,

Strawberry, Vanilla

Strawberry, Strawberry

H-E-B

Plain, Strawberry, Vanilla · Blended Low-fat Peach,

H-E-B Organics Greek Nonfat Plain, Vanilla

32 oz.

Hiland Low-fat Peach,

Strawberry, Vanilla Nonfat Plain

Hill Country Fare Greek Nonfat Plain,

Vanilla · Low-fat Plain, Vanilla

Kroger

Greek Nonfat Plain,

· Low-fat Plain, Vanilla

LALA · Low-fat Mango, Plain,

Strawberry, Vanilla Lucerne

 Greek Nonfat Plain · Low-fat Peach,

Strawberry

Nonfat Plain

Mountain High Fat-free Plain · Low-fat Plain, Vanilla

Open Nature · Greek Nonfat Plain.

Oikos Greek Nonfat Plain, Vanilla

Download the myWIC app from the Google Play Store or Apple App Store to see the most up to date version of this shopping guide.

WHOLE GRAINS

Whole Wheat Bread Look for the Pink WIC Sticker

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



WIC Approved Item

X Not WIC Approved: Sugar-free bread **Shopping Tip:** Look carefully for the pink *WIC Approved Item*

Tortillas

tostadas or shells.

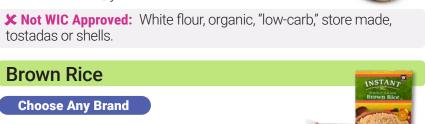
Brown Rice

Choose Any Brand

Choose Any Brand

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

sticker to make sure you get the correct bread.



•14 oz. to 16 oz. package Regular or instant

X 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

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

Choose Any Brand

• 16 oz. (1 lb.) package Any type of bean, pea or lentil



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

X Not WIC Approved: Baked beans, soups, added ingredients like meat, vegetables or oil.

canned beans.

Peanut Butter

•16 oz. to 18 oz. jar • Regular or organic



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



Tofu

Choose These Brands

1 package of dry

beans, lentils or peas

 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

X Not WIC Approved: Lite or seasoned tofu.

- **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

Yoplait Kid Multi-pack •8-pack of 4 oz. cups

Low-fat Berry, Blueberry, Cotton Candy,

Winco

Vanilla

Raspberry, Strawberry Banana, Strawberry, Wild Berry 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 Whole Milk Plain, Vanilla

 Greek Whole Milk Plain **H-E-B Organics**

Great Value

Kroger Greek Whole Milk Plain

Whole Milk Plain, Vanilla

 Whole Milk Plain Lucerne

Banana, Vanilla

Mountain High · Whole Milk Plain, Strawberry, Vanilla

Honey Bunches

Honey Toasted

12 oz.

18 oz., 20 oz.,

21.7 oz., 28 oz.

Corn Flakes

9.6 oz., 12 oz.,

18 oz., 24 oz.,

25.2 oz.

















BABY FOODS

Infants 6 - 11 Months

- Choose Any Brand **Baby Food Fruits and Vegetables**
- 2-pack of 4 oz. containers Regular or organic • Single or mixed fruits and/or vegetables X Not WIC Approved:

• 4 oz. single container or

• With cereal, oatmeal, quinoa, rice, pasta, yogurt or meat. • Pouches, dinners or toddler foods. Added ingredients such as DHA, sugar or salt.

Baby Cereal

Choose These Brands

• 8 oz. or 16 oz. container

Beech-Nut Gerber **Earth's Best** X Not WIC Approved: Cereal with fruit, formula, DHA or added ingredients.

with the myWIC app! The scan feature on myWIC tells you if an item is WIC approved and if you have active benefits for it.

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

X Not WIC Approved: Dinners, meat with vegetables or fruit, DHA, sugar or salt.

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:

• Added sugars, artificial sweeteners, oil, rice, grains or other

Cans, Glass Jars and Plastic Containers

• Creamed, sauced or breaded vegetables.

- 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: Pouches or packets. · Pickles, olives or dried fruit.

• Creamed vegetables or vegetables with sauce, oil or meat. Shopping Tip: Canned green beans, wax beans and lima beans count as fruit and vegetable benefits. All other types of canned

• Fruit with added sugars, artificial sweeteners or syrup.



BREAKFAST CEREAL

Cheerios

Vanilla Spice

Cheerios

Oat Crunch

Berry

18 oz., 24 oz.

Rice Krispies

9 oz., 12 oz.,

18 oz., 24 oz.

12 oz.

Cold and Hot Cereals

Choose These Brands

• 8 oz. to 36 oz. packages only

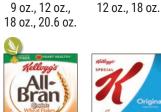


All-Bran

Complete

18 oz.

Cheerios













Grain Berry Multi-Bran Flakes

Higher in whole grain 🐚

Gluten-free 🔣

Mini Wheats

18 oz., 24 oz.,

29.5 oz., 34 oz.

Crispix

9.6 oz., 18 oz.

Honey Bunches

of Oats

Vanilla

12 oz., 18 oz.

• Organic or regular · Multigrain, Corn, Oatmeal, Rice or Whole Wheat



JUICE

Look for the Pink WIC Sticker

· Added calcium and vitamin D are allowed

 Orange Pineapple Pineapple Pineapple Mango

Purple Grape

Tomato

Vegetable

White Grape

Orange Orange Mango

Grapefruit

Children - 64 oz. plastic bottle

Women - 48 oz. plastic bottle

Cranberry

Cranberry Apple

Cranberry Grape

Apple

Children - 16 oz. container Apple Orange

Women - 11.5 oz. to 12 oz. container Apple Purple Grape White Grape Grapefruit Orange



BREAKFAST CEREAL



cereal:

KIX

Original

12 oz., 18 oz.

Chex

Blueberry

12 oz.

Quaker Original

Instant Grits

Malt-O-Meal

Original

18 oz., 36 oz.

Chex

Cinnamon

12 oz., 19.6 oz.

Quaker Original

9.8 oz., 21.7 oz. 9.8 oz., 23.7 oz.





Chex

Corn



Flakes

18 oz.

Great Grains

Banana Nut Crunch

15.5 oz., 18 oz.



· Packed in water or oil

• 4 oz. to 15 oz. can

Mackerel

36 oz.

18 oz., 36 oz.

Malt-O-Meal

Mini Spooners

Strawberry Cream

FISH

Fully Breastfeeding Women

Choose Any Brand

vegetable broth

✗ Not WIC Approved:

King mackerel.

• 3.75 oz. to 15 oz. can

Sardines

Tuna Salmon • 2.5 oz. to 12 oz. can or pouch • 2.5 oz. to 14.75 oz. can or Chunk light pouch Packed in water, oil or Pink salmon



• Flavored, albacore, tongol, yellowfin or wild skipjack tuna.

• Premium brands or items with olives, peppers or jalapeños.



• Flavored, smoked, sockeye or red salmon.

For breastfeeding support and information, call:

available 24 hours a day, 7 days a week.



More WIC foods. Breastfeeding support.

Texas Lactation Support Hotline 855-550-6667 This service is free and



BEANS • PEANUT BUTTER • TOFU

Dried Beans



Shopping Tip: Canned green beans, wax beans and lima beans count as fruit and vegetable benefits. They do not count as

- Choose Any Brand
- Creamy or crunchy

TOFU

- 4 cans 1 jar of of beans peanut butter
- Nasoya Silken
 - **YOGURT Two Good**
 - Nonfat Plain **Yoplait** Low-fat Blueberry, Peach, Strawberry, Strawberry

Greek Low-fat Plain

· Greek Nonfat Plain, Vanilla

Low-fat Peach, Strawberry,

- 32 oz.
- **Open Nature** Greek Whole Milk Plain (4%) **Simple Truth Organic** Greek Whole Milk Plain,

Vanilla

Stonyfield

· Whole Milk Plain,

The Greek Gods

Strawberry, Vanilla

Greek Whole Milk Plain

Winco Whole Milk Plain · Whole Milk Plain, Vanilla

SPECIAL MILKS

Lactose-Free Milk

Choose Any Brand

96 oz. container

Soy Milk

Children 1 Year Old · Whole milk in a half gallon or 96 oz. container X Not WIC Approved: High-protein, organic, flavored milk (such as

Children 2 to 5 Years Old and Women

chocolate), milk with DHA or omega-3.

• Fat-free or low-fat (1%) in a half gallon or

Choose These Brands • 32 oz. container, half gallon or 2-pack of half gallons

Refrigerated or shelf-stable

Pacific Ultra Soy - Original

Great Value – Original

Silk - Original

Children 1 Year Old

· Whole milk in a 12 oz. can

Nonfat Dry Powdered Milk

8th Continent - Original, Vanilla

X Not WIC Approved: Organic or light soy milk.

Shopping Tip: Soy milk benefits are listed in gallons, but must

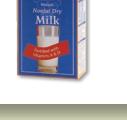
✗ Not WIC Approved: Sweetened condensed milk or evaporated

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

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



=99 Kashi **Grain Berry** Original Warm Cinnamon **Toasted Oats** 12 oz. 12 oz.





