

▶ **Milk** **WIC** Approved Item

Children 1 year old – whole milk. No buttermilk
 Children 2 to 5 years old & women – fat-free, low-fat (½% & 1%) and buttermilk

Look For:

- Fluid milk:
 - 1 quart (945 mL)
 - ½ gallon (1.89 l)
 - 1 gallon (3.78 l)
- Nonfat & low-fat buttermilk:
 - ½ gallon (1.89 l) only
- Carton or plastic container



Don't Buy: Calcium-fortified, high protein, DHA, omega-3, organic, flavored milk (such as chocolate), rice milk, or goat's milk

Starting October 1, 2014, WIC will provide fat-free and 1% milk to children 2 to 5 years old and women.

▶ **Cheese** **WIC** Approved Item

Look For:

- 1 or 2 lb. packages
- Block or sliced
- American, Cheddar, Colby, ColbyJack, Longhorn, Monterey Jack & Mozzarella
- Reduced-fat and low-fat cheese are allowed



Don't Buy: Individually wrapped slices, shredded cheese, processed cheese food, cheese food product, cheese with jalapeño peppers, cheese from the deli, or imported cheese

▶ **Dried Beans** **WIC** Approved Item

Look For:

- 16 oz. (1lb.) package
- Black beans, navy beans, pinto beans, green split peas and lentils



Don't Buy: Added seasonings, bulk beans or mixed beans

For More Information

WIC Participants:

1-800-942-3678 / www.texaswic.org

Vendors:

1-800-252-9629

www.dshs.state.tx.us/wichd/vo/vol.shtm

▶ **Whole Grains** **WIC** Approved Item

▶ **Whole Wheat Bread**

Look For:

- 16 oz. (1lb.) loaves only
- 100% Whole Wheat

Don't Buy: Sugar-free



▶ **Tortillas: Whole Wheat, Yellow or White Corn**

Look For:

- 16 oz. (1lb.) package only

Don't Buy: White flour tortillas



▶ **Brown Rice**

Look For:

- 16 oz. (1lb.) package only

Don't Buy: White rice, added seasonings, sugar, fat, oil, or salt



▶ **Juice** **WIC** Approved Item

Look For:

- 100% Juice -120% vitamin C
- Added calcium & vitamin D are allowed

Don't Buy:

- Juice cocktails
- Apple cider
- Juice with sugar or sweetener



▶ **Juice (Plastic)**

For Children 64 oz. – For Women 48 oz.

- Apple
- Orange
- Orange Pineapple
- Purple Grape
- Grapefruit
- Pineapple
- White Grape
- Orange
- Pineapple Mango
- Vegetable
- Orange Mango

▶ **Frozen Juice**

For Children 16 oz.

- Apple
- Orange

For Women 11.5 oz. – 12 oz.

- Apple
- Grapefruit
- Purple Grape
- Orange
- White Grape

▶ **Refrigerated Juice (Carton or Plastic)**

For Children 64 oz.

- Orange

▶ **Breakfast Cereal**

Look For:

- 18 & 36 oz. packages only



Life
Original
18 oz. only



Malt-O-Meal
Original
18 oz. & 36 oz.



Instant Grits
Original
18 oz. only



Special K
Original
18 oz. only



All-Bran
Complete Wheat Flakes
18 oz. only



Corn Flakes
18 oz. & 36 oz. only



Rice Krispies
18 oz. only



Scooby-Doo
18 oz. only



Mini Wheats
18 oz. only



Cheerios
18 oz. & 36 oz. only



Multi-Grain
Cheerios
18 oz. & 36 oz. only



KIX
18 oz. only



Dora
18 oz. only



Go Diego Go!
18 oz. only



Rice Chex
18 oz. only



Corn Chex
18 oz. only



Honey Bunches
of Oats
with Almonds
18 oz. only



Honey Bunches
of Oats
Honey Roasted
18 oz. only



Honey Bunches
of Oats
with Vanilla Bunches
18 oz. only



Grape-Nuts
Flakes
18 oz. only

Choose these brands

▶ **Breakfast Cereal**



Crispy Rice
36 oz. bag



Mini Spooners
Frosted
18 oz. box & bag
36 oz. box & bag



Mini Spooners
Strawberry Cream
18 oz. box & bag
36 oz. box & bag



Oat Blenders
with Honey
18 oz. box
36 oz. bag



Oat Blenders
with Honey & Almonds
18 oz. box
36 oz. bag

Choose these brands

▶ **Canned Beans**

For Children 2 to 5 Years Old & Women

Look For: 15 oz. to 16 oz. cans

Allens

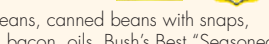
- Black Beans
- Blackeye Peas
- Dark Red Kidney Beans
- Great Northern Beans
- Pinto Beans

Bush's Best

- Black Beans
- Blackeye Peas
- Cannellini Beans
- Dark Red Kidney Beans
- Fat-Free Refried Beans
- Great Northern Beans
- Pinto Beans
- Reduced Sodium
Black Beans
Dark Red Kidney Beans
Pinto Beans

Casa Fiesta

- Pinto Beans
- No Fat Refried Black Beans
- No Fat Refried Beans
- Whole Black Beans



Don't Buy: Chili beans, canned beans with snaps, jalapeño peppers, bacon, oils, Bush's Best "Seasoned Recipe," or soups

Choose these brands

CHOOSE THESE BRANDS

▶ Whole Grain

▶ Oatmeal

Look For: 16 oz. (1 lb.) container only

Granvita Oats

3-Minute Brand Quick Oats or Old Fashioned Oats

Best Choice Quick Oats or Old Fashioned Oats

Mom's Best Naturals Quick Oats or Old Fashioned Oats

Simple Truth Natural Old Fashioned Rolled Oats

Shurfine Oatmeal - Quick 1 Minute

Better Valu Rolled Quick Oats

Choose these brands



CHOOSE ANY BRAND

▶ Eggs

Look For:

- One dozen package
- Grade A or AA
- Large, medium, or small

Don't Buy: Extra large, jumbo, brown, fertile, free-range, cage-free, organic, omega-3, with added vitamins or minerals (such as Eggland's Best)

Choose any brand



▶ Lactose-Free Milk

Children 1 year old – whole milk

Children 2 to 5 years old & women
– fat-free & low-fat (1%)

Look For:

- ½ gallon (1.89 l)
- 1 quart (945 ml)

Don't Buy: Calcium-fortified, high protein, DHA, omega-3, organic, flavored milk (such as chocolate)

Choose any brand



▶ Peanut Butter

Look For:

- 16 oz. to 18 oz. jars only
- Creamy or crunchy

Don't Buy: Peanut spread, reduced fat, organic, with honey, chocolate, marshmallows, jelly, candy pieces, or omega-3

Choose any brand



CHOOSE ANY BRAND

▶ Fruits, Vegetables & Beans

▶ Fresh

Look For:

- Single or mixed
- Yams or sweet potatoes
- Whole, pre-cut, or packaged
- Organic is allowed
- Bagged salad, fruits, or vegetables



▶ Don't Buy:

- White potatoes such as russet, Yukon gold, purple, or red
- 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, painted pumpkins, gourds)
- Nuts, dried fruits, trail mix, or dried vegetables
- Bulk dried beans
- Spices or herbs (such as cilantro, parsley, chives, or mint)

▶ Frozen

Look For:

- Single or mixed
- Organic is allowed
- 9 oz. package or larger
- With or without salt or herbs
- Any package type (box or bag)



▶ Don't Buy:

- White potatoes such as french fries, hash browns, or any mixtures containing potatoes (such as Soup Vegetables)
- Creamed, sauced, specially seasoned, or breaded vegetables
- Added sugars, artificial sweeteners, fats, or oils
- Vegetables mixed with pasta, rice, or any other ingredients

Choose any brand

Before you reach the checkout lane...

- Make sure the cost of the fruits and vegetables you are buying is less than or equal to the dollar amount on your WIC shopping list or WIC EBT card store receipt.
- If you go over the dollar amount, you will need to return some of the items or pay for them separately from your WIC purchases.

How to Buy Beans & Peanut Butter for Children 2 to 5 Years Old & Women



CHOOSE ANY BRAND

▶ Exclusively Breastfeeding Women

▶ Tuna & Salmon

Look For: - 5 to 6 oz. can

Tuna

- Chunk light
- Packed in water
- Regular or low sodium

Don't Buy: Albacore, tongol, yellowfin, fillet, premium select, or gourmet tuna. Packed in oil or pouches

Choose any brand



Salmon

- Pink Salmon
- Packed in water
- Skin and bones allowed

Don't Buy: Premium skinless and boneless, smoked, fillets, or red salmon. Packed in oil or pouches

▶ Infants 6 to 12 Months

▶ Baby Cereal

Look For: Gerber

MultiGrain 8 oz. & 16 oz.

Oatmeal 8 oz. & 16 oz.

Rice 8 oz. & 16 oz.

Whole Wheat 8 oz. only

Don't Buy: Organic, cereal with fruit, formula, DHA, or other non-cereal ingredients

▶ Baby Fruits and Vegetables

Look For: 4 oz. only

- Single container — no multi-packs
- Single or mixed fruits and/or vegetables

▶ Don't Buy:

- Dinners, desserts, toddler foods, diced fruits or vegetables, organic, or baby food in pouches
- Baby fruits and vegetables with: cereal, oatmeal, yogurt, meat, rice, pasta, DHA, sugar, salt, or starches (such as rice flour or tapioca)

Choose any brand



▶ Exclusively Breastfeeding Infants 6 to 12 Months

▶ Baby Meats

Look For: 2.5 oz. only

- Single container — no multi-packs
- Any single meat with broth or gravy such as chicken, beef, turkey, or ham

Don't Buy: Dinners, organic, meat with vegetables or fruit, DHA, sugar, or salt

Choose any brand



★ TEXASWIC ★

Approved Foods Shopping Guide

Smart Choices, Healthy Families
Effective October 1, 2014



For each WIC food, this brochure shows whether you can choose any brand, certain brands, or the brand marked with the pink "WIC Approved Item" sticker.

For approved brands go to
<http://www.dshs.state.tx.us/wichd/vo/flist.shtm>

Stores may not carry every WIC approved food.