

★ TEXASWIC ★

Approved Foods Shopping Guide

Smart Choices, Healthy Families
Effective October 1, 2014

Cheese



- Look For:**
- 1 or 2 lb. packages
 - Block or sliced
 - Reduced-fat & low-fat cheese are allowed
 - American, Cheddar, Colby, Colbyjack, Longhorn, Monterey Jack & Mozzarella

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

Look for the WIC pink sticker

Milk



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

- Look For:**
- Fluid milk:
- 1 quart (945 ml)
 - 1/2 gallon (1.89 l)
 - 1 gallon (3.78 l)

Nonfat & low-fat buttermilk:
- 1/2 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

Look for the WIC pink sticker

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

Whole Grains



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

Look for the WIC pink sticker

Juice



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

Frozen Juice

- For Children 16 oz.
- Apple
 - Orange

For Women 11.5 oz. – 12 oz.

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

Refrigerated Juice (Carton or Plastic)

- For Children 64 oz.
- Orange

Look for the WIC pink sticker

Dried Beans



- Look For:**
- 16 oz. (1lb.) package
 - Black beans, navy beans, pinto beans, green split peas & lentils

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

Look for the WIC pink sticker

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



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

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

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 Egglard'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:**
- 1/2 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

Exclusively Breastfeeding Women

Tuna & Salmon

- Look For:** 5 to 6 oz. can

Tuna

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

Salmon

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

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

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

Infants 6 to 12 Months

Baby Cereal

- Look For: Gerber**
- MultiGrain 8 oz. & 16 oz.
 - Rice 8 oz. & 16 oz.
 - Oatmeal 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 & 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 & vegetables with: cereal, oatmeal, yogurt, meat, rice, pasta, DHA, sugar, salt, or starches (such as rice flour or tapioca)

Choose any brand

Breakfast Cereal

Look For:
- 18 & 36 oz. packages only

 Life 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	 Grape-Nuts Flakes 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	 Crispy Rice 36 oz. bag	
 Mini Spooners Strawberry Cream 18 oz. box & bag 36 oz. box & bag	 Mini Spooners Frosted 18 oz. box & bag 36 oz. box & bag	 Oat Blenders with Honey & Almonds 18 oz. box 36 oz. bag	 Oat Blenders with Honey 18 oz. box 36 oz. bag	

Oatmeal (Whole Grain)

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

 3-Minute Brand Quick Oats or Old Fashioned Oats	 Best Choice Quick Oats or Old Fashioned Oats	 Better Valu Rolled Quick Oats	 Mom's Best Natural Quick Oats or Old Fashioned Oats	 Simple Truth Natural Old Fashioned Rolled Oats	 Shurfine Oatmeal - Quick 1 Minute
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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	 Casa Fiesta Pinto Beans, No Fat Refried Black Beans, No Fat Refried Beans, Whole Black Beans
 Ortega Black Beans, Fat-Free Refried Beans	 Progresso Black 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	 Trappey's Light Red Kidney Beans
 Goya Black Beans, Blackeye Peas, Cannellini Beans, Pinto Beans, Red Kidney Beans, Low Sodium Black Beans, Red Kidney Beans, Pinto Beans	 CASA FIESTA Pinto Beans, No Fat Refried Black Beans, No Fat Refried Beans, Whole Black Beans

Choose these brands

WIC Vendors

The Declared Traditionally Least Expensive Brand of WIC foods must be marked with the pink "WIC Approved Item" sticker. Use this poster to determine whether participants may choose any brand, certain brands or the brand marked with the pink sticker.



Stores may not carry every WIC approved food.

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