

Yogurt

Children 1 Year Old
 • Whole-fat yogurts
 • 2 lb. (32 oz./907g) containers

Dannon
 • All Natural - Plain

Mountain High
 • Original Style Yoghurt - Plain & Vanilla

Children 2 to 5 Years Old & Women
 • Low-fat and non-fat yogurts
 • 2 lb. (32 oz./907g) containers

Dannon
 • All Natural Lowfat Yogurt - Plain & Vanilla
 • All Natural Nonfat Yogurt - Plain

Yoplait
 • Nonfat Yogurt - Plain
 • Original Smooth Style (Low Fat)
 • Vanilla - Harvest Peach
 • Strawberry - Strawberry Banana

Mountain High
 • Low-fat Yoghurt - Plain & Vanilla
 • Fat-free Yoghurt - Plain & Vanilla

NOT WIC APPROVED: Greek, organic, fruit on the bottom, or with stir in ingredients

Choose these brands



TEXAS WIC APPROVED FOODS

SMART CHOICES • HEALTHY FAMILIES

Effective October 1, 2015

Fruits, Vegetables & Beans

Fresh

- Single or mixed
- Organic or regular
- Whole, pre-cut, or packaged
- Bagged salad, fruits, or vegetables

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, painted pumpkins, gourds)
- 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
- 9 oz. package or larger
- With or without salt or herbs
- Any package type

NOT WIC APPROVED:

- Creamed, sauced, specially-seasoned, or breaded vegetables
- With added sugars, artificial sweeteners, fats, or oils
- Vegetables mixed with pasta, rice, or any other ingredients

Choose any brand



Milk

Children 1 Year Old - whole-milk - no butter milk
 Children 2 to 5 Years Old & Women - fat-free, low-fat (1% & 2%) & buttermilk

- 1 quart (945 mL)
- 1/2 gallon (489 L)
- 1 gallon (3.78 L)

Non-fat & low-fat buttermilk:
 • 1/2 gallon (489 L)

Carton or plastic container
NOT WIC APPROVED: Calcium-fortified, high-protein, organic, flavored milk (such as chocolate), milk with DHA or omega-3, rice milk, or goat's milk

Look for the pink WIC sticker



Lactose-Free Milk

Children 1 Year Old - whole-milk
 Children 2 to 5 Years Old & Women - fat-free & low-fat (1%)
 • 1/2 gallon (489 L)

NOT WIC APPROVED: Calcium-fortified, high-protein, organic, flavored milk (such as chocolate), milk with DHA or omega-3

Choose any brand



Cheese

- 1 or 2 lb. packages
- Block or sliced
- Regular, reduced-fat & low-fat
- American, Cheddar, Colby, Colby-Jack, Longhorn, Monterey Jack, & Mozzarella

NOT WIC APPROVED: 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 pink WIC sticker



Eggs

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

NOT WIC APPROVED: 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



Exclusively Breastfeeding Women

Tuna

- 5 to 6 oz. can
- Chunk light
- Packed in water
- Regular or low sodium

NOT WIC APPROVED: Albacore, tongol, yellowfin, fillet, premium-select, gourmet tuna, or packed in oil or pouches

Salmon

- 5 to 6 oz. can
- Pink salmon
- Packed in water
- Skin and bones allowed

NOT WIC APPROVED: Premium skinless and boneless, smoked, fillets, red salmon, or packed in oil or pouches

Choose any brand



Exclusively Breastfeeding Infants 6 to 12 Months

Baby Meats

- 2.5 oz. single container - no multi-pack
- Regular or organic
- Any single meat with broth or gravy such as chicken, beef, turkey, or ham

NOT WIC APPROVED: Dinners, meat with vegetables or fruit, DHA, sugar, or salt

Choose any brand



Infants 6 to 12 Months

Baby Cereal

- Gerber MultiGrain 8 oz. & 16 oz.
- Gerber Oatmeal 8 oz. & 16 oz.
- Gerber Rice 8 oz. & 16 oz.
- Gerber Whole Wheat 8 oz. only

NOT WIC APPROVED: Cereal with fruit, formula, DHA, added ingredients, or organic

Choose these brands



Baby Fruits and Vegetables

- 4 oz. single container or multi-pack
- Regular or organic
- Single or mixed fruits and/or vegetables

NOT WIC APPROVED:

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

HELPFUL TIP: 2 Containers

Choose any brand



Whole Grains

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

Look for the pink WIC sticker



Oatmeal

- 16 oz. (1 lb.) package

GranVita 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



Pasta

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

Riccanto

- Capellini
- Elbows
- Farfalle
- Linguine
- Penne Rigate
- Rigatoni
- Rotini
- Spaghetti

Hodgson Mill

- Angel Hair
- Elbows
- Spaghetti
- Thin Spaghetti
- Spirals
- Veggie Bows

Barilla

- Penne
- Spaghetti

Choose these brands



Breakfast Cereal

• 18 & 36 oz. packages only

- Higher in Whole Grain
- Gluten Free



Dried Beans

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

NOT WIC APPROVED: Added seasonings, bulk or mixed beans

Look for the pink WIC sticker



How to Buy Beans & Peanut Butter for Children 2 to 5 Years Old & Women. One item equals:



Peanut Butter

- 16 to 18 oz. jar
- Creamy or crunchy

NOT WIC APPROVED: Peanut spread, reduced-fat, organic, with honey, chocolate, marshmallows, jelly, candy pieces, or omega-3

Choose any brand



Canned Beans

Children 2 to 5 Years Old & Women

- 15 oz. to 16 oz. cans

Allen

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

Bush's Beans

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

NOT WIC APPROVED: Chili beans, beans with snaps, jalapeño peppers, bacon, pork, oils, Bush's Best Seasoned Recipe, or soups

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

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

Choose these brands



WIC Vendors

The Declared Traditionally Least Expensive Brand of WIC foods must be marked with the pink WIC Approved Item sticker. To get a list of all the approved brands, go to <http://www.dshs.state.tx.us/wic/dv/list.shtm>



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/wic/dv/vo/vol.shtm

