

Choose These Brands

Yogurt

Children 2 to 5 Years Old and Women

- Low-fat and nonfat yogurt • 32 oz. (quart-sized) container
- Best Choice** - Low-fat Strawberry, Vanilla, Light Plain
- Coburn Farms** - Low-fat Plain
- Dannon** - Low-fat Plain, Vanilla, Nonfat Plain
- Food Club** - Low-fat Plain, Strawberry, Vanilla
- Great Value** - Low-fat Peach, Strawberry, Vanilla, Strawberry Banana, Nonfat Plain
- H-E-B Blended** - Low-fat Peach, Strawberry, Vanilla
- Hiland** - Low-fat Peach, Strawberry, Vanilla, Nonfat Plain
- Hill Country Fare** - Low-fat Plain, Vanilla
- Kroger** - Low-fat Plain, Vanilla, Nonfat Plain
- LALA** - Low-fat Plain
- Lucerne** - Low-fat Peach, Strawberry, Nonfat Plain
- Mountain High** - Low-fat Plain, Vanilla, Fat-free Plain
- Simple Truth Organic** - Low-fat Plain, Vanilla
- Stonyfield** - Low-fat Plain, Vanilla, Nonfat Plain, Vanilla
- Winco** - Low-fat Peach, Strawberry, Vanilla, Nonfat Plain
- Yoplait** - Low-fat Blueberry, Peach, Strawberry, Strawberry Banana, Vanilla, Nonfat Plain



Children 1 Year Old

- Whole milk yogurt • 32 oz. (quart-sized) container
- Brown Cow** - Cream Top Plain, Vanilla
- Dannon** - Plain, Vanilla
- H-E-B Organics** - Plain, Vanilla
- Kroger** - Plain
- Lucerne** - Plain, Strawberry, Vanilla
- Mountain High** - Plain, Strawberry, Vanilla
- Stonyfield** - Plain, Strawberry, Vanilla



NOT WIC APPROVED: Greek yogurt.

Look for the Pink WIC Sticker

Milk

Children 2 to 5 Years Old and Women

- Fat-free or low-fat (1/2% 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 milk (such as chocolate), milk with DHA or omega-3, rice milk, almond milk or goat's milk.

Choose Any Brand

Lactose-Free Milk

Children 2 to 5 Years Old and Women

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

Children 1 Year Old

- Whole milk in a half gallon



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

Look for the Pink WIC Sticker

Cheese

- 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 • Colby • Longhorn • Mozzarella • Provolone
- Cheddar • Colby-Jack • Monterey Jack • Muenster • Swiss



NOT WIC APPROVED: Individually wrapped slices, cheese food product, shredded cheese, cheese from the deli, organic or imported cheese.

Choose Any Brand

Eggs

- One dozen carton
- Any size
- Grade A or AA
- White shells only



NOT WIC APPROVED: Brown, organic, free-range or pasture raised eggs.

Look for the Pink WIC Sticker

Whole Wheat Bread

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



NOT WIC APPROVED: Sugar-free bread.

Look for the Pink WIC Sticker

Tortillas

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



NOT WIC APPROVED: White flour tortillas.

Choose Any Brand

Brown Rice

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



NOT WIC APPROVED: White rice, added seasonings or boil-in-bag rice.

Choose These Brands

Oatmeal

- 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



Choose These Brands

Whole Wheat Pasta

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



- Barilla**
- Central Market Organic**
- Food Club**
- Great Value**
- H-E-B**
- H-E-B Organics**
- Kroger**
- O Organics**
- Racconto**
- Ronzoni Healthy Harvest**
- Signature Select**
- Simple Truth Organic**

TEXAS WIC APPROVED FOODS

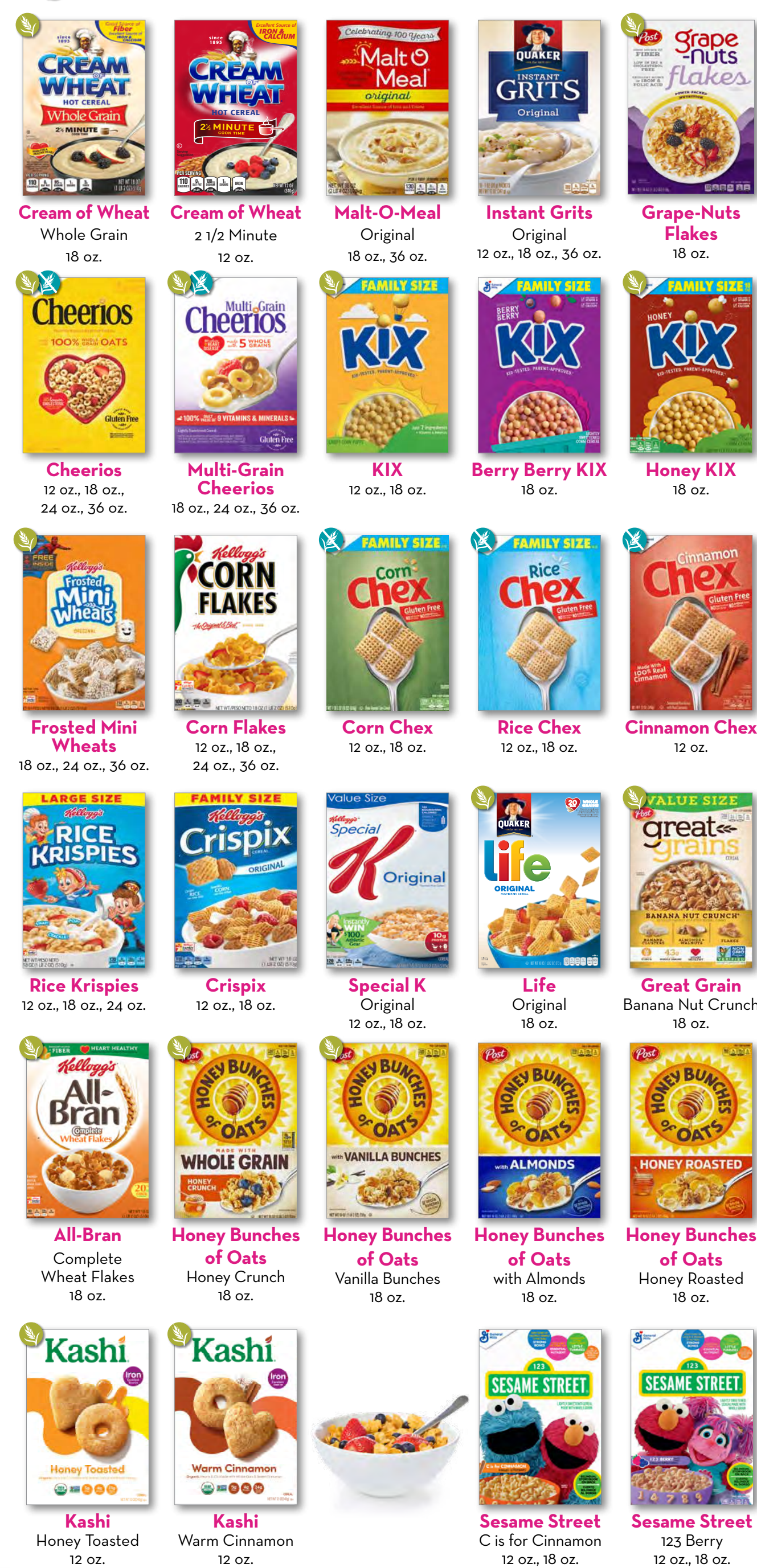
Effective October 1, 2021

Choose These Brands

Breakfast Cereal

- 12 oz., 18 oz., 24 oz. or 36 oz. packages only

- Higher in whole grain
- Gluten free



Choose Any Brand

Dried Beans

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

NOT WIC APPROVED: Added seasonings or bulk beans.

Choose Any Brand

Canned Beans

- 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, beans with snaps, jalapeños, bacon, pork, oils, in sauce or soups.

Choose Any Brand

Peanut Butter

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

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



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



Choose These Brands

Tofu

- 16 oz. (1 lb.) refrigerated package
- Azumaya** - Silken, Firm, Extra Firm
- Banyan** - Soft, Medium Hard, Hard
- Green Valley** - Medium Firm, Firm
- House Food** - Medium Firm, Firm, Extra Firm
- Nasoya** - Silken



NOT WIC APPROVED: Lite or seasoned tofu.

Choose Any Brand

Fruits and Vegetables

Fresh

- Single or mixed
- Whole, pre-cut or packaged
- Organic or regular
- Bagged salad, fruits or vegetables
- Beans or peas, such as fresh lima beans or blackeyed peas



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, gourds or painted pumpkins).
- Spices or herbs (such as cilantro, parsley, chives or mint).

Frozen



- Single or mixed
- Organic or regular
- With or without salt or herbs
- 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.
- With added sugars, artificial sweeteners, fats or oils.
- Vegetables or beans mixed with pasta, rice or any other ingredients.

Cans, Glass Jars and Plastic Containers

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



NOT WIC APPROVED:

- Pouches or packets.
- Dried fruits or vegetables.
- Fruit with added sugar, artificial sweetener or syrup.
- Creamed vegetables or vegetables with sauce, oil or meat.
- Soups, ketchup, pickles or olives.

Look for the Pink WIC Sticker

Juice

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

Bottled Juice

Children - 64 oz. plastic bottle

Women - 48 oz. plastic bottle

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



Frozen Juice

Children - 16 oz. container

Women - 11.5 oz. to 12 oz. container

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

Refrigerated Juice

Children - 64 oz. carton or plastic bottle

- Orange

NOT WIC APPROVED: Juice cocktail, juice with added sugar or sweetener.

Fully Breastfeeding Women

Choose Any Brand

Tuna

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



NOT WIC APPROVED: Albacore, tongol, yellowfin, fillets, premium-select, gourmet tuna or pouches.

Salmon

- 5 oz. to 6 oz. can
- Pink salmon
- Packed in water or oil
- Regular or low-sodium

NOT WIC APPROVED: Smoked, fillets, pouches or red salmon.

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



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

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:

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

Choose These Brands

Baby Cereal

- 8 oz. or 16 oz. container

Gerber

- Multigrain
- Oatmeal
- Rice
- Whole Wheat



Gerber Organic

- Oatmeal
- Rice



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

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

