

TEXAS **WIC**

**SHOPPING  
GUIDE**



**September 2023**

# Before You Shop

Look through this guide before you shop to see the brands of food you can buy with your **Texas WIC Card**. Bring this guide with you to the store.

You will also need to bring the **Texas WIC Shopping List** that you got at the clinic. It shows important information such as:

- Which foods you can buy.
- Your monthly benefits.
- Your next WIC appointment.

If you forgot or lost your Texas WIC Shopping List, a store cashier can print a receipt with your current balance before you shop.

Use all your WIC benefits each month. Your remaining benefits cannot roll over to the next month.

my **WIC**



Download the myWIC app and link your WIC card to use these shopping features:

- Check your WIC benefits.
- Scan items to see if they are WIC approved.
- View shopping guide updates.

[texasahhs.org/mywic](https://texasahhs.org/mywic)



*See page 17 for WIC Shopping FAQs*

# How to Use Your Texas WIC Shopping Guide

## When you see:

**Choose Any Brand** Choose any brand of this food.

**Choose These Brands** Choose food from one of the brands listed in this guide.

**Look for the Pink WIC Sticker** Choose brands tagged with the pink *WIC Approved Item* sticker. These brands may be different at each store or location.



**✗ Not WIC Approved:** This area lists items that cannot be purchased with your Texas WIC Card.

## SPECIAL FOOD PACKAGES (pages 14-16)

WIC staff will explain what is in these Special Food Packages:

- *Fully Breastfeeding Twins, Triplets or More*
- *No Refrigeration*
- *Kosher Milk and Cheese*

*Stores might not carry every WIC food item or brand listed in this guide.*

## Milk



### Look for the Pink WIC Sticker

#### Children 2 to 5 Years Old and Women

- Fat-free or low-fat (½% 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 (such as chocolate), with DHA or omega-3, oat, almond or goat's milk.

## Cheese



### Look for the Pink WIC Sticker

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



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

## Eggs

### Choose Any Brand

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



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



## Dried Beans

### Choose Any Brand

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



**✗ Not WIC Approved:** Added seasonings or bulk beans.

## 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



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

**🛒 Shopping Tip:** Canned green beans, wax beans and lima beans count as fruit and vegetable benefits. They do not count as canned beans. See page 4 for more information.

## Peanut Butter

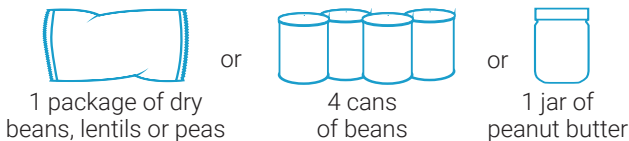
### Choose Any Brand

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



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

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



## Tofu

### Choose These Brands

- 16 oz. (1 lb.) refrigerated package
- Azumaya** – Silken, Firm, Extra Firm
- Banyan** – Soft, Medium Hard, Hard
- Franklin Farms** – Soft, Medium Firm, Firm, Extra Firm
- Nasoya Organic** – Silken, Super Firm
- Simple Truth Organic** – Silken



**✗ Not WIC Approved:** Lite or seasoned tofu.

# FRUITS and VEGETABLES

## Fruits and Vegetables

### Choose Any Brand

#### Fresh

- Single or mixed
- Organic or regular
- Whole, cut, packaged or bagged
- 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:

- Creamed, sauced or breaded vegetables.
- Added sugars, artificial sweeteners, oil, rice, grains or other ingredients.

#### Cans, Glass Jars and Plastic Containers

- 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.
- Fruit with added sugars, artificial sweeteners or syrup.
- Creamed vegetables or vegetables with sauce, oil or meat.
- Items with water or juice listed as the first ingredient.

**🛒 Shopping Tip:** Canned green beans, wax beans and lima beans count as fruit and vegetable benefits. All other types of canned beans count as canned beans. See page 3 for more information.



## Juice



### Look for the Pink WIC Sticker

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



### Bottled Juice

**Children** - 64 oz. plastic bottle

**Women** - 48 oz. plastic bottle

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

### Frozen Juice

**Children** - 16 oz. container

- Apple
- Orange

**Women** - 11.5 oz. to 12 oz. container

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

### Refrigerated Juice

**Children** - 64 oz. carton or plastic bottle

- Orange

**✗ Not WIC Approved:** Juice cocktail, with added sugar or sweetener.

**🛒 Shopping Tip:** Check your benefits so you know which size juice to choose.



## Low-fat and Nonfat Yogurt

### Choose These Brands

#### Children 2 to 5 Years Old and Women

- 32 oz. (quart-sized) container



#### Best Choice

- Low-fat Peach, Strawberry, Strawberry Banana, Vanilla
- Nonfat Plain

#### Best Yet

- Greek Nonfat Plain, Vanilla
- Low-fat Vanilla
- Nonfat Plain

#### Brookshire's

- Greek Nonfat Plain, Vanilla

#### Chobani

- Greek Low-fat Plain, Vanilla Cinnamon
- Greek Nonfat Plain, Strawberry, Vanilla

#### Coburn Farms

- Low-fat Plain

#### Dannon

- Low-fat Plain, Vanilla
- Nonfat Plain

#### Food Club

- Greek Nonfat Plain, Vanilla
- Low-fat Strawberry, Vanilla

#### Great Value

- Greek Nonfat Plain, Strawberry, Vanilla
- Low-fat Peach, Strawberry, Strawberry Banana, Vanilla
- Nonfat Plain

#### H-E-B

- Greek Nonfat Honey, Plain, Strawberry, Vanilla
- Blended Low-fat Peach, Strawberry, Vanilla

#### H-E-B Organics

- Greek Nonfat Plain, Vanilla

#### Hiland

- Low-fat Peach, Strawberry, Vanilla
- Nonfat Plain

#### Hill Country Fare

- Greek Nonfat Plain, Vanilla
- Low-fat Plain, Vanilla

#### Kroger

- Greek Nonfat Plain, Vanilla
- Low-fat Plain, Vanilla

#### LALA

- Low-fat Mango, Plain, Strawberry, Vanilla

#### Lucerne

- Greek Low-fat Plain
- Greek Nonfat Plain, Strawberry, Vanilla
- Low-fat Peach, Strawberry
- Nonfat Plain

#### Mountain High

- Fat-free Plain
- Low-fat Plain, Vanilla

#### O Organics

- Greek Nonfat Plain

#### Oikos

- Greek Nonfat Vanilla

#### Simple Truth Organic

- Greek Nonfat Plain, Vanilla
- Low-fat Plain, Vanilla



# YOGURT

## **Stonyfield**

- Greek Nonfat Plain
- Low-fat Plain, Vanilla
- Nonfat Plain, Vanilla

## **Two Good**

- Greek Low-fat Plain

## **Winco**

- Greek Nonfat Plain, Vanilla
- Low-fat Peach, Strawberry, Vanilla
- Nonfat Plain

## **Yoplait**

- Low-fat Blueberry, Peach, Strawberry, Strawberry Banana, Vanilla

## **Yoplait Kid Multi-pack**

- 8-pack of 4 oz. cups
- Low-fat Berry, Blueberry, Cotton Candy, Raspberry, Strawberry Banana, Strawberry, Wild Berry



## Whole Milk Yogurt

### Choose These Brands

#### Children 1 Year Old

- 32 oz. (quart-sized) container

#### **Best Choice**

- Whole Milk Greek Plain

#### **Brookshire's**

- Whole Milk Greek Plain

#### **Brown Cow**

- Whole Milk Cream Top Maple, Plain, Vanilla

#### **Chobani**

- Greek Whole Milk Plain

#### **Dannon**

- Whole Milk Plain, Vanilla

#### **Great Value**

- Greek Whole Milk Plain

#### **H-E-B Organics**

- Whole Milk Plain, Vanilla

#### **Kroger**

- Greek Whole Milk Plain, Vanilla
- Whole Milk Plain



#### **Lucerne**

- Greek Whole Milk Plain
- Whole Milk Plain, Vanilla

#### **Mountain High**

- Whole Milk Plain, Strawberry, Vanilla

#### **Simple Truth Organic**

- Greek Whole Milk Plain, Vanilla

#### **Stonyfield**

- Whole Milk Plain, Strawberry, Vanilla

#### **The Greek Gods**

- Greek Whole Milk Plain

#### **Winco**

- Whole Milk Plain

# BREAKFAST CEREAL

## Choose These Brands

Higher in whole grain 

• 8 oz. to 36 oz. packages

Gluten-free 



### Cheerios

Multi Grain, Veggie Blends-Blueberry Banana, Veggie Blends-Apple Strawberry, Original



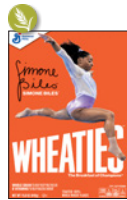
### Great Grains

Banana Nut Crunch, Crunchy Pecan



### Frosted Mini Wheats

Blueberry Muffin, Cinnamon Roll, Little Bites, Original, Strawberry



### Wheaties



### KIX

Berry Berry, Honey, Original



### Kashi

Honey Toasted, Warm Cinnamon



### Total



### Honey Bunches of Oats

with Almonds, Cinnamon Bunches, Honey Roasted, Maple & Pecans, Vanilla



### Life

Original



### Corn Flakes



### Complete Bran



### Special K



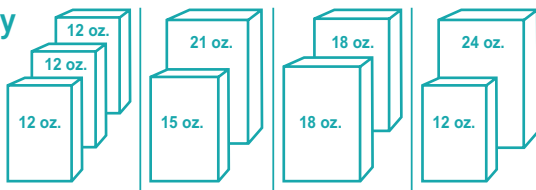
### Rice Krispies



### Crispix

# BREAKFAST CEREAL

How to buy  
36 oz. of  
cereal:



## Chex

Blueberry, Cinnamon, Corn, Rice, Wheat



## Grain Berry

Original Toasted Oats,  
Apple Cinnamon, Multi-Bran Flakes

## Grape-Nuts

## Grape-Nuts Flakes



## Cream of Wheat

Whole Grain, 2 1/2 Minute, 1 Minute, Instant



## Cream of Rice

Instant



## Quaker Grits

Instant Original



## Malt-O-Meal Crispy Rice



## Malt-O-Meal Mini Spooners

Frosted, Strawberry Cream



## Malt-O-Meal

Original



## Avelina Oats

Instant Rolled



## Quaker Oatmeal

Instant Original

# WHOLE GRAINS

## Whole Wheat Bread



### Look for the Pink WIC Sticker

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



**✗ Not WIC Approved:** Sugar-free bread.

**🛒 Shopping Tip:** Look carefully for the pink *WIC Approved Item* sticker to make sure you get the correct bread.

## Tortillas

### Choose Any Brand

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



**✗ Not WIC Approved:** White flour, organic, "low-carb," store made, tostadas or shells.

## Brown Rice

### Choose Any Brand

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



**✗ Not WIC Approved:** White rice, added seasonings or boil-in-bag

## Oatmeal

### Choose These Brands

- 16 oz. (1 lb.) package
  - Avelina – Quick, Old Fashioned Oats
  - Better Oats Organic** – Quick, Old Fashioned Oats
  - Granvita** – Oats
  - Mija Organic** – Quick 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. See *page 8* for more information.

## 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



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

# SPECIAL MILKS



## Lactose-Free Milk

Choose Any Brand

### Children 2 to 5 Years Old and Women

- Fat-free or low-fat (1%) in a half gallon or 96 oz. container

### Children 1 Year Old

- Whole milk in a half gallon or 96 oz. container



**✗ Not WIC Approved:** High-protein, organic, flavored milk (such as chocolate), milk with DHA or omega-3.

## Soy Milk

Choose These Brands

- 32 oz. container, half gallon or 2-pack of half gallons
  - Refrigerated or shelf-stable
- 8th Continent** – Original, Vanilla  
**Bettergoods** – Original  
**Pacific Ultra Soy** – Original  
**Silk** – Original



**✗ Not WIC Approved:** Organic or light soy milk.

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

### Children 1 Year Old

- Whole milk in a 12 oz. can



**✗ Not WIC Approved:** Sweetened condensed milk or evaporated filled milk.

## Nonfat Dry Powdered Milk

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



# BABY FOODS

## Infants 6 - 11 Months

Choose Any Brand

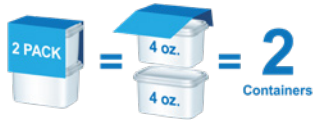
### Baby Food Fruits and Vegetables

- 4 oz. single container, 2-pack of 4 oz. containers or variety pack of 4 oz. containers
- Regular or organic
- Single or mixed fruits and/or vegetables



#### ✗ Not WIC Approved:

- With cereal, oatmeal, quinoa, rice, pasta, yogurt or meat.
- Pouches, dinners or toddler foods.
- Added ingredients such as DHA, sugar or salt.
- Items with water listed as the first ingredient.



Choose These Brands

### Baby Cereal

- 8 oz. or 16 oz. container
- Organic or regular
- Corn, Multigrain, Oatmeal, Rice or Whole Wheat

**Beech-Nut**

**Gerber**

**Earth's Best**



✗ Not WIC Approved: Cereal with fruit, formula, DHA or added ingredients.

myWIC



You can scan items while you shop 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 or variety pack of 2.5 oz. containers
- 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.

## Fully Breastfeeding Women

Choose Any Brand

### Tuna

- 2.5 oz. to 12 oz. can or pouch
- Chunk light
- Packed in water, oil or vegetable broth

### Sardines

- 3.75 oz. to 15 oz. can
- Packed in water, oil, tomato sauce, hot sauce, mustard or with lemon

### Salmon

- 2.5 oz. to 14.75 oz. can or pouch
- Pink salmon
- Packed in water or oil

### Mackerel

- 4 oz. to 15 oz. can
- Atlantic, Pacific Chub or Jack
- Packed in water, oil or with lemon



### ✗ Not WIC Approved:

- Flavored, albacore, tongol, yellowfin or wild skipjack tuna.
- Flavored, smoked, sockeye or red salmon.
- King mackerel.
- Premium brands or items with olives, peppers or jalapeños.

## Breastfeeding women get:

- More WIC foods.
- Breastfeeding support.
- WIC benefits longer.

*For breastfeeding support and information, call:*

Texas Lactation Support  
Hotline 855-550-6667

*This service is free and available 24 hours a day, 7 days a week.*



# SPECIAL FOOD PACKAGES

## Fully Breastfeeding Twins, Triplets or More

### Cheese

#### Choose These Brands

- 8 oz. package
- Block or sliced
- Regular, reduced-fat, low-fat
- American
  - Longhorn
- Cheddar
  - Monterey Jack
- Colby
  - Mozzarella
- Colby-Jack
  - Muenster
- Best Choice
  - Great Value
- Brookshire
  - H-E-B
- Food Club
  - Kraft
- Provolone
- Swiss
- Kroger
- Lucerne
- Wisconsin's Finest



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

**🛒 Shopping Tip:** These cheeses will not be labeled with the pink *WIC Approved Item* stickers.

### Whole Wheat Bread

#### Choose These Brands

- 20 oz. to 24 oz. loaf
- Great Value** – 100% Whole Wheat 20 oz.
- H-E-B** – 100% Whole Wheat 20 oz.
- Mrs Baird's** – 100% Whole Wheat 20 oz.
- Nature's Own** – 100% Whole Wheat 20 oz.
- Private Selection** – 100% Whole Wheat 24 oz.
- Signature Select** – 100% Whole Wheat 20 oz.
- Sara Lee** – 100% Whole Wheat 20 oz.



**🛒 Shopping Tip:** These breads will not be labeled with the pink *WIC Approved Item* stickers.

### Tortillas

#### Choose These Brands

- 20 oz. to 24 oz. package
- Yellow or white corn
- Kroger** – White Corn Tortillas 24 oz.
- Mi Tienda** – Yellow Corn Tortillas 21 oz.
- Tia Rosa** – Yellow Corn Tortillas 20 oz.



**🛒 Shopping Tip:** These tortillas will not be labeled with the pink *WIC Approved Item* stickers.



# SPECIAL FOOD PACKAGES

## No Refrigeration

### Juice

#### Choose These Brands


- 6-pack of 5.5 oz. or 6 oz. cans
- Unsweetened 100% juice with vitamin C
- Campbell's** – Tomato
- Dole** – Pineapple, Pineapple Orange
- Ruby Kist** – Apple, Grapefruit, Orange, Pineapple
- TexSun** – Orange, Pink Grapefruit
- V8** – Original, Low Sodium Original, Spicy Hot



#### Only if listed on your WIC Shopping List

- 8-pack of 6.75 oz. boxes
- Unsweetened 100% juice with vitamin C
- Juicy Juice** – Apple, Berry, Grape, Punch, Orange Tangerine, Strawberry Watermelon



 **Shopping Tip:** These juices will not be labeled with the pink WIC Approved Item stickers.

### Nonfat Dry Powdered Milk

#### 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




### Cheese

#### Choose These Brands

- 8 oz. package
- Block or sliced
- Regular, reduced-fat, low-fat
- American
- Cheddar
- Colby
- Colby-Jack
- Best Choice
- Brookshire
- Food Club
- Longhorn
- Monterey Jack
- Mozzarella
- Muenster
- Great Value
- H-E-B
- Kraft
- Provolone
- Swiss
- Kroger
- Lucerne
- Wisconsin's Finest



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

 **Shopping Tip:** These cheeses will not be labeled with the pink WIC Approved Item stickers.

## Kosher Milk and Cheese

### Kosher Milk

#### Choose These Brands

#### Children 2 to 5 Years Old and Women

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

#### Children 1 Year Old

- Whole milk in a half gallon or gallon

**Pride of the Farm**



### Kosher Cheese

#### Choose These Brands

- 16 oz. (1 lb.) package

**Haolam** – Cheddar, mozzarella

**Miller's** – Mozzarella

**Natural & Kosher** – Mozzarella (block or sliced), White American



#### Fully Breastfeeding Twins, Triplets or More

- 8 oz. package

**Haolam** – Cheddar



## Where to Buy Kosher Milk and Cheese

These stores carry kosher milk and cheese in the approved sizes. Call the store before shopping.

### Austin

- **H-E-B** - 7025 Village Center Drive ..... 512-502-8445

### Dallas Area

- **Tom Thumb** - 11920 Preston Road ..... 972-392-2501
- **Tom Thumb** - 1380 West Campbell Road ... 972-680-6010

### Houston Area

- **H-E-B** - 4955 Beechnut Street ..... 713-662-4000
- **Kroger** - 10306 South Post Oak ..... 713-721-7691
- **Randalls** - 4800 West Bellfort ..... 713-721-0011

### San Antonio

- **H-E-B** - 8503 NW Military Highway ..... 210-479-4300

## How do I use my WIC card at checkout?

- After all of your items are scanned you will pay for your WIC items first.
- Insert your WIC card into the reader and enter your PIN. Leave the card in the reader until told to remove it.
- The cashier will provide you with two receipts. One receipt shows your starting balance and the other shows which items will be removed from your card.
- Check the items on the receipts and press approve to complete your transaction. Save your receipts!

## What if an item doesn't scan at checkout?

- Check your shopping list or benefit balance to make sure you have available benefits on your card.
- Check the shopping guide to make sure the item is the correct size and brand.
- If the size and brand are correct and you have enough benefits, ask the cashier or store manager for help.
- If it still won't scan as a WIC item, you can pay for it with your other groceries or put it back.

## Still think it should have scanned as a WIC item?

Scan the QR code to provide more information. WIC will review the item and let you know why it didn't scan, or add it to our database for the future.



## How do I know what's left on my WIC card?

- A WIC benefit balance receipt prints out after shopping. It shows how much is left on your card for the rest of the month.
- You can check your benefit balance anytime at a grocery store, your WIC office or on the myWIC app. Benefits on the app may be 3 days behind.

## What if I lose my card?

If your Texas WIC Card is lost, stolen or damaged, contact your WIC office or call 800-942-3678. If it's locked, you will need to go to your WIC office to reset your PIN.



## Visit [TexasWIC.org](https://TexasWIC.org) to:

- Learn more about WIC
- Start your application
- Find breastfeeding and nutrition information
- Take free online classes

**Call 800-942-3678  
for more information.**

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**Information for vendors:  
[bit.ly/TexasWICVendors](https://bit.ly/TexasWICVendors)**

Connect with us on



Twitter, Facebook, YouTube and Instagram.  
Find us @TexasHHSC

***WIC helps you make amazing kids!***



TEXAS  
Health and Human  
Services



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Stock no. WIC-34 Rev. 07/24