TEXAS WIC SHOPPING GUIDE

Effective October 1, 2022
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.

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.

See page 17 for WIC Shopping FAQs
### 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

**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:

1. **1 package of dry beans, lentils or peas**  
2. **4 cans of beans**  
3. **1 jar of peanut butter**

### Tofu

**Choose These Brands**

- 16 oz. (1 lb.) refrigerated package
  
  **Azuyma** – Silken, Firm, Extra Firm
  **Banyan** – Soft, Medium Hard, Hard
  **Franklin Farms** – Soft, Medium Firm, Firm, Extra Firm
  **Green Valley** – Medium Firm, Firm
  **Nasoya** – 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.

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
- Grapefruit
- Orange
- Purple Grape
- White Grape

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**

<table>
<thead>
<tr>
<th>Brand</th>
<th>Greek Nonfat Plain</th>
<th>Low-fat Peach, Strawberry, Vanilla</th>
<th>Light Plain</th>
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<tr>
<td><strong>Activia</strong></td>
<td>Low-fat Vanilla</td>
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<td><strong>Best Choice</strong></td>
<td>Greek Nonfat Plain</td>
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<td>Low-fat Strawberry</td>
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<td>Greek Nonfat Plain</td>
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<td>Low-fat Peach</td>
<td>Strawberry, Vanilla</td>
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<td>Nonfat Plain</td>
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<td><strong>Hill Country Fare</strong></td>
<td>Greek Nonfat Plain</td>
<td>Vanilla</td>
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<td>Low-fat Strawberry</td>
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<td><strong>Kroger</strong></td>
<td>Low-fat Plain</td>
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<td><strong>LALA</strong></td>
<td>Low-fat Plain</td>
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<td><strong>Lucerne</strong></td>
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<td></td>
<td>Low-fat Plain</td>
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<td><strong>Open Nature</strong></td>
<td>Greek Nonfat Plain</td>
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<td><strong>Oikos</strong></td>
<td>Greek Nonfat Plain</td>
<td>Vanilla</td>
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<td><strong>Simple Truth Organic</strong></td>
<td>Greek Nonfat Plain</td>
<td>Low-fat Plain</td>
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<td><strong>Stonyfield</strong></td>
<td>Low-fat Plain</td>
<td>Vanilla</td>
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<td></td>
<td>Nonfat Plain</td>
<td>Vanilla</td>
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### Whole Milk Yogurt

**Choose These Brands**

**Children 1 Year Old**
- **32 oz. (quart-sized) container**

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<tr>
<th>Brand</th>
<th>Whole Milk Cream Top Plain, Vanilla</th>
<th>Whole Milk Plain, Strawberry, Vanilla</th>
<th>Whole Milk Plain, Vanilla</th>
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<td><strong>Brown Cow</strong></td>
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<td><strong>Dannon</strong></td>
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<td><strong>Great Value</strong></td>
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<td><strong>H-E-B</strong></td>
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<td><strong>H-E-B Organics</strong></td>
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<td><strong>Lucerne</strong></td>
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<td><strong>Mountain High</strong></td>
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<td><strong>Yoplait</strong></td>
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- **Yoplait**
  - Low-fat Blueberry, Peach, Strawberry, Strawberry Banana, Vanilla
Cold and Hot Cereals

Choose These Brands

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

Higher in whole grain

Gluten-free

Choose These Brands

Cheerios

KIX
- Original 12 oz., 18 oz.
- Berry Berry 18 oz.
- Honey 18 oz.

Chex
- Blueberry 12 oz.
- Cinnamon 12 oz.
- Corn 12 oz., 18 oz.
- Rice 12 oz., 18 oz.
- Life 12 oz., 18 oz.

Life
- Whole Grain 2 oz.
- Original 12 oz.
- Honey Toasted 12 oz.
- Warm Cinnamon 12 oz.

Kashi
- Honey Toasted 12 oz.
- Warm Cinnamon 12 oz.

Grain Berry
- Original 12 oz.
- Apple Cinnamon 12 oz.
- Multi-Bran Flakes 12 oz.

Instant Grits
- Original 12 oz., 18 oz., 36 oz.
- Instant Oatmeal 12 oz., 18 oz., 36 oz.

Cream of Wheat
- Whole Grain 12 oz.
- 2 1/2 Minute 12 oz.
- Original 18 oz., 36 oz.

Malt-O-Meal
- Crispy Rice 18 oz., 36 oz.
- Mini Spooners Frosted 18 oz., 36 oz.
- Mini Spooners Strawberry Cream 36 oz.

Grape-Nuts
- Flakes 18 oz.
- Banana Nut Crunch 18 oz.

Great Grains
- Breakfast Cereal

How to buy 36 oz. of cereal:

12 oz.

18 oz.

24 oz.

36 oz.
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. (1 lb.) 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 rice.

Oatmeal

- Choose These Brands
- 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

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 MILK

Lactose-Free Milk

- Choose Any Brand
- 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.

Soy Milk

- Choose These Brands
- 32 oz. container, half gallon or 2-pack of half gallons
- Refrigerated or shelf-stable
  8th Continent – Original, Vanilla
  Great Value – Original
  Pacific Ultra Soy – Original
  Silk – Original

≠ Not WIC Approved: Organic or light soy milk.

Shopping Tip: Lactose-free and 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
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:**
- With cereal, oatmeal, quinoa, rice, pasta, yogurt or meat.
- Pouches, dinners or toddler foods.
- Added ingredients such as DHA, sugar or salt.

**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.

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.

Fully Breastfeeding Women

**Choose Any Brand**

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

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

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

**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.
### 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

*Great Value*
- H-E-B

*Kraft*

**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

*Best Choice*
- Brookshire
- Food Club

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

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

### 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

*Great Value*
- H-E-B

*Kraft*

**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
- H-E-B - 5106 Bissonnet ......................... 713-218-1600
- 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 Texas WIC app. Benefits on the app may be 2-5 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 to:

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

Call 800-942-3678 for more information.

Information for vendors: bit.ly/TexasWICVendors

Connect with us on Twitter, Facebook, YouTube and Instagram.
Find us @TexasHHSC

WIC helps you make amazing kids!

This institution is an equal opportunity provider.
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