

# FY 2012 Texas WIC Approved Foods

Effective October 1, 2011

For Women and Children		For Infants
<ul style="list-style-type: none"> <li>• Milk</li> <li>• Soy Milk</li> <li>• Lactose-free Milk</li> <li>• Cheese (not cheese foods or substitutes)</li> <li>• Dry pinto, black &amp; navy beans, lentils or green split peas (unseasoned only)</li> <li>• Fruit Juice (100% fruit juice)</li> <li>• Vegetable Juice</li> <li>• Tofu</li> <li>• Whole wheat bread</li> <li>• Tortillas, yellow &amp; white corn &amp; whole wheat</li> </ul>	<ul style="list-style-type: none"> <li>• Brown Rice</li> <li>• Oatmeal</li> <li>• Peanut Butter</li> <li>• Eggs</li> <li>• Fresh &amp; Frozen Fruits</li> <li>• Fresh &amp; Frozen Vegetables</li> <li>• Breakfast Cereal</li> <li>• Pink Salmon &amp; Tuna</li> <li>• Canned evaporated milk</li> <li>• Non-fat dry milk</li> <li>• Canned Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Infant Formula</li> <li>• Infant Cereal without fruit</li> <li>• Infant Food- Fruits &amp; Vegetables</li> <li>• Infant Food- Meats</li> </ul>

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CANNED BEANS	
WIC-Authorized Brand	Specific Canned Beans Authorized
Allens	Black Beans 15.5 oz can Blackeyed Peas - dry soaked 15.5 oz can Blackeyed Peas - fresh shell 15.5 oz can Great Northern Beans 15.5 oz can Pinto Beans 15.5 oz can
Bush's Best	Blackeyed Peas 15.8 oz can Black Beans 15 oz can Reduced Sodium Black Beans 15 oz can Great Northern Beans 15.8 oz can Pinto Beans 16 oz can Reduced Sodium Pinto Beans 16 oz can Fat Free Refried Beans 16 oz can
Casa Fiesta	No- Fat Refried Black Beans 16 oz can No- Fat Refried Beans 16 oz can Whole Black Beans 15 oz can Pinto Beans 15 oz can
Ortega	Fat Free Refried Beans 16 oz can Black Beans 15 oz can
Progresso	Black Beans 15 oz can
Van Camp's	New Orleans Red Kidney Beans 15 oz can

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<b>CEREAL – NATIONAL BRANDS</b>	
<b>B &amp; G FOODS</b>	
Whole Grain Cream of Wheat	18-oz box only
<b>GENERAL MILLS</b>	
Cheerios	18-oz & 36-oz boxes only
Dora the Explorer	18-oz box only
Kix	18-oz & 36-oz boxes only
MultiGrain Cheerios	36-oz box only
<b>KELLOGG'S</b>	
Corn Flakes	18-oz & 36 oz boxes only
Frosted Mini Wheats Bite Size	18-oz box only
Frosted Mini Wheats- Touch of Fruit in the Middle	18-oz box only
Rice Krispies	18-oz box only
Special K	18-oz box only
Unfrosted Mini Wheats	18-oz box only
<b>MALT-O-MEAL</b>	
Crispy Rice	18-oz box/bag & 36-oz bag
Frosted Mini Spooners	18-oz box/bag & 36-oz bag/club pack
Blueberry Frosted Mini Spooners	18-oz box/bag & 36-oz club pack
Strawberry Frosted Mini Spooners	18-oz box/bag & 36-oz bag/club pack
Oat Blenders with Honey	18-oz box/bag & 36-oz bag/club pack
Oat Blenders with Honey and Almonds	18-oz box/bag & 36-oz bag/club pack
Original Hot Wheat Cereal	18-oz & 36-oz boxes only
<b>POST</b>	
Grape Nuts Flakes	18-oz box only
Honey Bunches of Oats Honey Roasted	18-oz box only
Honey Bunches of Oats with Almonds	18-oz box only
Honey Bunches of Oats with Cinnamon Bunches	18-oz box only
Honey Bunches of Oats with Vanilla Bunches	18-oz box only
<b>QUAKER</b>	
Instant Grits	18-oz & 36-oz boxes only
Life Original	18-oz box only



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48 oz	64 oz
<b>PURPLE GRAPE JUICE</b> Store Declared LEB - No Juice Blends	<b>PURPLE GRAPE JUICE</b> Store Declared LEB - No Juice Blends
<ul style="list-style-type: none"> <li>• Big Tex</li> <li>• H-E-B</li> <li>• Parade</li> <li>• Shurfine</li> <li>• Shur Saving</li> <li>• Texusun</li> </ul>	<ul style="list-style-type: none"> <li>• Albertsons</li> <li>• Best Choice</li> <li>• Big Tex</li> <li>• Food Club</li> <li>• Great Value</li> <li>• Hansen's Natural</li> <li>• H-E-B</li> <li>• HY-TOP</li> <li>• Kroger</li> <li>• Langers</li> <li>• Market Pantry</li> <li>• Old Orchard</li> <li>• Parade</li> <li>• Ruby Kist</li> <li>• Safeway</li> <li>• Shurfine</li> <li>• Texusun</li> <li>• Tipton Grove</li> <li>• Valu Time</li> </ul>
<b>VEGETABLE JUICE</b> Store Declared LEB	<b>VEGETABLE JUICE</b> Store Declared LEB
<ul style="list-style-type: none"> <li>• Big Tex</li> <li>• Fiesta</li> <li>• Parade</li> <li>• Shurfine</li> <li>• Texusun</li> </ul>	<ul style="list-style-type: none"> <li>• Albertsons</li> <li>• Best Choice</li> <li>• Big Tex</li> <li>• Diane's Garden</li> <li>• Fiesta</li> <li>• Food Club</li> <li>• Great Value</li> <li>• HY-TOP</li> <li>• Langers</li> <li>• Market Pantry</li> <li>• Parade</li> <li>• Ruby Kist</li> <li>• Shurfine</li> <li>• Texusun</li> </ul>
<b>JUICE-FROZEN</b>	
<b>ORANGE OR GRAPEFRUIT</b> 11.5 or 12 oz. Frozen Store Declared LEB Added Calcium and Vitamin D is allowed 100% Juice No Juice Cocktails	<b>ORANGE JUICE</b> 16 oz. Frozen Store Declared LEB Added Calcium and Vitamin D is allowed 100% Juice
<b>APPLE JUICE</b> 11.5 or 12 oz. Frozen Store Declared LEB	<b>PURPLE GRAPE JUICE</b> 11.5 or 12 oz. Frozen Store Declared LEB
<ul style="list-style-type: none"> <li>• Albertsons</li> <li>• Always Save</li> <li>• Best Choice</li> <li>• Fiesta</li> <li>• Food Club</li> <li>• Great Value</li> <li>• Hill Country Fare</li> <li>• HY-TOP</li> <li>• Kroger</li> <li>• Langers</li> <li>• Market Pantry</li> <li>• Old Orchard</li> <li>• Parade</li> <li>• Safeway</li> <li>• Seneca</li> <li>• Shurfine</li> <li>• Tree Top</li> </ul>	<ul style="list-style-type: none"> <li>• Albertsons</li> <li>• Food Club</li> <li>• Great Value</li> <li>• Hill Country Fare</li> <li>• HY-TOP</li> <li>• Kroger</li> <li>• Langers</li> <li>• Old Orchard</li> <li>• Parade</li> <li>• Seneca</li> <li>• Welch's</li> </ul>
<b>APPLE JUICE</b> 16 oz. Frozen Store Declared LEB	<b>WHITE GRAPE JUICE</b> 11.5 or 12 oz. Frozen Store Declared LEB
<ul style="list-style-type: none"> <li>• Parade</li> </ul>	<ul style="list-style-type: none"> <li>• Hill Country Fare</li> <li>• Langers</li> <li>• Old Orchard</li> <li>• Welch's</li> </ul>

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<p align="center"><b>INFANT FORMULA</b></p> <ul style="list-style-type: none"> <li>• Similac Advance 12.4 oz. powder or</li> <li>• Similac Soy Isomil 13 oz. concentrate</li> <li>• Similac Sensitive 12.6 oz. powder or 13 oz. concentrate</li> </ul>	<p align="center"><b>MILK</b></p> <p>Store Declared Least Expensive Brands (LEB). <i>Not Allowed: Calcium-fortified, high protein, flavored milk, rice milk, or goat's milk.</i></p> <p>Whole, Reduced-Fat, Low-Fat or Fat-Free      Quart, half gallon &amp; gallon</p> <p>Buttermilk-Low-Fat Only      Half-gallon size only</p>
<p align="center"><b>INFANT CEREAL</b></p> <p align="center">8 oz. boxes only</p> <p align="center"><i>No Gerber Organics, DHA, cereal with fruit, formula or other non-cereal ingredients; No Infant Cereal in cans.</i></p> <ul style="list-style-type: none"> <li>• Gerber Whole Wheat</li> <li>• Gerber Mixed Grain</li> <li>• Gerber Oatmeal</li> <li>• Gerber Rice</li> </ul>	<p align="center"><b>SOY MILK</b></p> <p>8<sup>th</sup> Continent Soy Milk      Half-gallon size only</p> <p>Original &amp; Vanilla</p>
<p align="center"><b>INFANT FOOD - FRUITS</b></p> <p align="center">4 oz. only</p> <p>Any brand. Any single or mixed variety Single containers – no multipacks</p> <p><i>Not Allowed: organic, fruits with meat, cereal, yogurt, DHA, sugar or salt. Beechnut Mango. No dinners, desserts, diced fruit or toddler foods.</i></p>	<p align="center"><b>LACTOSE FREE MILK</b></p> <p align="center">ANY BRAND- HALF-GALLON &amp; QUART SIZES</p> <p align="center"><i>Not Allowed: Calcium-fortified</i></p>
<p align="center"><b>INFANT FOOD - VEGETABLES</b></p> <p align="center">4 oz. only</p> <p>Any brand. Any single or mixed variety. Single containers – no multipacks.</p> <p><i>Not Allowed: organic, vegetables with meat or fruit, DHA, sugar or salt. No dinners, diced vegetables, or toddler foods.</i></p>	<p align="center"><b>TOFU</b></p> <p align="center">16 oz. (Refrigerated)</p> <ul style="list-style-type: none"> <li>• Azumaya-Silken, Firm &amp; Extra Firm</li> <li>• Banyan &amp; Soft, Medium-Hard, &amp; Hard</li> <li>• House- Regular, Firm &amp; Extra Firm</li> <li>• Tasty Tofu- Regular, Soft &amp; Hard</li> </ul>
<p align="center"><b>INFANT FOOD - MEATS</b></p> <p align="center">2.5 oz. only</p> <p>Any brand. Any single meat with broth or gravy such as beef, chicken, ham, lamb, turkey, and veal Single containers – no multipacks.</p> <p><i>Not Allowed: organic, meat with vegetables or fruit, DHA, sugar or salt. No dinners. Single containers – no multipacks.</i></p>	<p align="center"><b>NONFAT DRY POWDER MILK</b></p> <p>9.6, 25.6 &amp; 64 oz. boxes</p> <p>Any Brand</p> <p align="center"><b>EVAPORATED MILK</b></p> <p>Any Brand - 12 ounce cans only</p> <ul style="list-style-type: none"> <li>• Whole</li> <li>• Low-Fat</li> <li>• Fat Free</li> <li>• Reduced Fat</li> </ul>
<p align="center"><b>TUNA &amp; PINK SALMON</b></p> <p align="center"><b>CHUNK LIGHT TUNA</b></p> <p align="center">5 or 6 oz. can packed in water</p> <p>Any brand — Regular or low-sodium</p> <p><i>Not Allowed: Albacore, yellowfin, Tongol tuna, fillet or gourmet tuna nor tuna packed in oil or pouches</i></p> <p align="center"><b>SALMON</b></p> <p align="center">5 or 6 oz. can packed in water</p> <p>Any brand – packed with or without skin and bones</p> <p><i>Not Allowed: Premium skinless and boneless, fillets, and red salmon; packed in oil or pouches</i></p>	<p align="center"><b>EGGS</b></p> <p align="center">1 Dozen Grade A or AA Large, Medium or Small</p> <p><i>Not Allowed: Extra Large, Jumbo, Brown, Fertile, Free-Range, Cage-free, omega-3, with added vitamins or minerals or organic</i></p> <p align="center"><b>PEANUT BUTTER</b></p> <p align="center">18 oz. Jar</p> <p>Any brand, creamy or crunchy.</p> <p><i>Not Allowed: Organic, with honey, jelly, candy pieces, reduced-fat or peanut spread.</i></p> <p align="center"><b>OATMEAL</b></p> <p align="center">16 oz. container only</p> <ul style="list-style-type: none"> <li>• Mom's Best Naturals- Quick Oats &amp; Old Fashioned Oats</li> <li>• 3 Minute Brand- Quick Oats &amp; Old Fashioned Oats</li> </ul>

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### BEANS – PEAS – LENTILS

1 lb. Pkg. only

#### Store Declared Least Expensive Brand

- Pinto Beans
- Lentils
- Green Split Peas
- Black Beans
- Navy Beans

*Not Allowed: Added seasonings or bulk beans*

### CHEESE

1 lb. or 2 lbs. packages only of sliced or block cheese.

#### Store Declared Least Expensive Brand

Low-fat & Reduced-fat within the types listed below are allowed

- American
- Cheddar
- Colby
- Colby Jack
- Longhorn
- Monterey Jack
- Mozzarella

*Not Allowed: individually wrapped slices, shredded cheese, processed cheese food, cheese food product, cheese with jalapeno peppers, cheese from the deli or imported cheese*

### WHOLE GRAINS

#### Store Declared Least Expensive Brand (LEB)

#### BROWN RICE

16 oz. package only-- (LEB)

*Not Allowed: White rice, added seasonings, sugar, fat, oil or salt.*

- Adolphus
- Albertsons
- Best Choice
- Blue Ribbon
- Food Club
- Great Value
- Gulf Pacific
- HEB
- Hinode
- Hytop
- Kroger
- Mahatma
- Market Pantry
- Parade
- Peak C&F
- Riceland  
(carton)
- Safeway
- Shurfine
- Springfield

#### WHOLE WHEAT BREAD

16 oz. loaves only-- (LEB)

*Not Allowed: Buns, rolls or sugar-free.*

- Bimbo
- Cobblestone Mill
- H-E-B Bake Shop
- Mrs. Baird's
- Nature's Own (w/Honey)
- Ozark Hearth
- Roman Meal (Sungrain)
- Sara Lee (Classic)
- Sara Lee (Soft & Smooth)
- Wonder (Soft)

### TORTILLAS

16 oz. packages only -- (LEB) *Not Allowed: Tostadas or white flour tortillas.*

#### YELLOW OR WHITE SOFT CORN

- Barron's Superette White
- Best Choice Yellow
- Casa Rica White
- Celia's White & Yellow
- Don Pancho White & Yellow
- El Lago White
- Guerrero White
- HEB Yellow & White
- La Banderita White
- La Burrita Yellow
- La Campera White
- La Primera White
- Mission Yellow
- Mrs. Rios White
- Pepito White
- Porras Prontito White & Yellow
- Pros Ranch Market White & Yellow
- Ramirez and Sons White
- Santa Fe White & Yellow
- Shurfresh White
- Valle Grande White

#### WHOLE WHEAT

- Barron's Superette Whole Wheat Flour
- Best Choice 100% Whole Wheat
- Bimbo 100% Whole Wheat
- Celia's Whole Wheat Flour
- Chi Chi's Whole Wheat Fajita Style
- Don Pancho Whole Wheat
- El Lago Whole Wheat
- Food Club Whole Wheat Fajita Style
- Guerrero Whole Wheat
- HEB 100% Whole Wheat
- La Banderita Whole Wheat Fajita
- MiCasa 100% Whole Wheat
- Mission Whole Wheat
- Nuevo Leon Whole Wheat
- Ortega Whole Wheat
- Pepito Whole Wheat
- Porras Prontito Whole Wheat
- Pros Ranch Market Whole Wheat
- Ramirez & Sons Whole Wheat
- Santa Fe Whole Wheat
- Tia Rosa Whole Wheat
- Valle Grande Wheat

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**FRESH – FRUITS, VEGETABLES & BEANS**

**Allowed:**

- Any fresh fruit, vegetable or bean, except white potatoes
- Yams or Sweet Potatoes
- Single Item, whole, pre-cut or packaged (no mixture) – only one type of fruit or one type of vegetable in the package
- Bagged lettuce or vegetables (no mixtures)
- Organic

**Not Allowed:**

- No white potatoes (such as Russet, Yukon Gold or Red)
- No mixed fruits or mixed vegetables
- No bagged mixed salad
- No items from the salad bar, party trays, or fruit baskets
- No decorative or ornamental fruits or vegetables (such as garlic on a string, painted pumpkins, gourds)
- No nuts, dried fruits or dried vegetables
- No spices or herbs (such as cilantro, parsley, chives, mint, or thyme)

**FROZEN – FRUITS**

**Allowed:**

- Any variety, single fruit (no mixtures)
- Any brand in a 9 oz. package or larger
- Any package type (box, bag)
- Organic

**Not Allowed:**

- No added sugar or artificial sweetener
- No mixed fruits

**FROZEN – VEGETABLES & BEANS**

**Allowed:**

- Any variety, single item (no mixtures, no white potatoes)
- Any brand in a 9-ounce package or larger
- Any package type (box, bag)
- With or without salt
- Organic

**Not Allowed:**

- No white potatoes such as French fries, Hash browns or any mixtures containing potatoes
- No mixed vegetables
- No creamed, sauced, seasoned, or breaded vegetables
- No added sugars, fats or oils
- No vegetables mixed with pasta, rice or any other ingredients