## **Breakfast Cereals**

18 & 36 oz. packages only

Choose these brands



CORN

FLAKES

& 36 oz. only

18 oz. only



18 oz. & 36 oz. 18 oz. Original only Original only



18 oz only



18 oz.



18 oz. only



18 oz. only



18 oz. box & bag, 36 oz. club pack & bag

18 oz. box & 36 oz. bag



36 oz. only



18 oz. only

18 oz. only

Choose

anv brand

KiX

18 oz. & 36 oz. only

\_ \_ \_ \_ ···

18 07. 18 oz. only



18 oz. only With Almonds, Honey Roasted, Vanilla & Cinnamon Bunches

## l actose-Free Milk

Children 1 year old - whole milk Children 2-4 years old & women fat-free, low-fat (1%) & reduced fat (2%)

## Look For:

• ½ gallon (1.89 L)

Don't Buy: Calcium-fortified

## Milk

## Look for the WIC Approved

Look for the

WIC Approved

Choose

anv brand

Children 1 year old - whole milk. No buttermilk

Children 2 - 4 years old & women - fat-free, low-fat (1/2% & 1%), reduced-fat (2%) milk & buttermilk

#### Look For:

- Fluid milk: guart (945 mL) ½ gallon (1.89 L) 1 gallon (3.78 L)
- Nonfat, lowfat & reduced-fat buttermilk: 1/2 gallon (1.89 L) only
- Carton or plastic container

Don't Buy: Calcium-fortified, high protein, flavored milk. rice milk, or goat's milk.

#### Cheese

#### Look For:

- 1 or 2 lb. packages
- Block or sliced
- · American, Cheddar, Colby, Colby-Jack, Longhor Monterrey Jack & Mozzarella
- · Reduced-fat and low-fat cheese are allowed

Don't Buy: Individually wrapped slices, shredded cheese, processed cheese food, cheese food product. cheese with jalapeño peppers, cheese from the deli, or imported cheese.

## **Dried Beans**

16 oz. (1 lb.) package

#### Look For:

Black beans, navy beans, pinto beans, green split peas, and lentils

## Don't Buy:

Added seasonings, bulk beans or mixed beans

## Eggs

## Look For:

- · Packaged in one dozen
- Grade A or AA
- · Large, medium, or small

Don't Buy: Extra large, jumbo, brown, fertile, free-range, cage-free, omega-3, organic, with added vitamins or minerals (like Eggland's Best)

#### Children 2-4 Years Old & Women

· Pinto Beans

**Look For:** 

Casserole

Look For:

Progresso

Look For:

Trappey's

· Black Beans

## **Canned Beans**

15 oz. to 16 oz. cans

#### Choose these brands

· No Fat Refried Black Beans

· Fat Free Refried Pinto Beans

· Original Flavor Black Beans

· Fat Free Refried Beans

O RATE GUY

TRAPPEYS

· No Fat Refried Beans

#### Look For: Allens



- Blackeve Peas (no snaps) – dry soaked
- Black Beans
- Dark Red Kidney Beans
- · Great Northern Beans Light Red Kidney Beans
- Pinto Beans

#### Look For: **Bush's Best**



Look For: Blackeve Peas (no snaps) Ortega Black Beans

**BUSH'S** 

- Cannellini Beans
- · Dark Red Kidnev Beans
- · Fat Free Refried Beans
- · Great Northern Pinto Beans
- Reduced Sodium Cannellini Beans Black Beans Dark Red Kidnev Beans Pinto Beans

## Don't Buv:

· Light Red Kidney Beans Chili beans, canned beans with snaps, jalapeño peppers,

bacon, oils, Bush's Best "Seasoned Recipe," or soups

## **Peanut Butter**

18 oz. jar only





Don't Buy: With honey, jelly, candy pieces, peanut spreads, reduced fat, or organic

#### How to Buy Beans & Peanut Butter for Children 2-4 Years Old and Women









## Whole Grains

## Whole Wheat Bread WIC Approved Item



- Look for: • 16 oz. (1 lb.) loaves only
- · 100% Whole Wheat

Don't Buy: Sugar-free

#### Tortillas: Whole Wheat, Yellow or White Corn

### Look for:

• 16 oz. (1 lb.) package only

Don't Buv: White flour tortillas or tostadas

### **Brown Rice** Look for:

• 16 oz. (1 lb.) package only

Don't Buy: White rice, added seasonings, sugar, fat, oil, or salt



#### Oatmeal Look for:



- 16 oz. (1 lb.) container only
- 3-Minute Brand Ouick Oats or Old Fashioned Oats
- Best Choice Quick Qats or Old Fashioned Oats
- Granvita Oats
- · Mom's Best Naturals Quick Oats or Old Fashioned Oats

## Exclusively Breastfeeding Women

## **Chunk Light Tuna** & Pink Salmon 5 to 6 oz. can

Choose any brand



- · Regular or low sodium

Don't Buy: Albacore. gourmet tuna. Packed in oil or pouches



Skin and bones is allowed

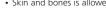
SALMON

Don't Buy: Premium skinless yellowfin, tongol, fillet or and boneless, fillets, and red salmon. Packed in oil or nouches













## NEW! Mixed Fruits and Vegetables are Allowed



## Fresh: Fruits, Vegetables & Beans

#### **Look For:**

- Single or mixed
- Whole, pre-cut, or packaged
- · Yams or sweet potatoes
- Bagged lettuce or vegetables
- · Organic is allowed



### Don't Buy:

- White potatoes such as russet. Yukon gold, purple
- Items from the salad bar, party trays, or fruit baskets
- Salad with dressing or croutons
- · Decorative or ornamental fruits or vegetables (such as garlic on a string, painted pumpkins, aourds)
- Nuts, dried fruits or dried vegetables
- Bulk dried beans
- Spices or herbs (such as cilantro, parsley, chives. mint, or thyme)

## Frozen: Fruits, Vegetables & Beans

#### Look For:

- · Single or mixed
- 9 oz. package or larger
- Any package type (box, bag)
- Organic is allowed
- · With or without salt or herbs

#### Don't Buy:

- · White potatoes such as french fries. hash browns or any mixtures containing potatoes
- · Creamed, sauced, specially seasoned or breaded
- Added sugars, artificial sweeteners, fats, or oils
- Vegetables mixed with pasta, rice, or any other ingredients

## Before you reach the checkout lane...

- Your fruit and vegetable purchase must be less than or equal to the dollar value on your WIC Shopping List or store receipt.
- If you go over the cash value on your EBT card, you will need to return some of the items

## Juice

## Look for the WIC Approved Item

#### Look For:

- 100% juice 120% vitamin C
- · Added calcium & vitamin D are allowed

#### Don't Buv:

- · Juice with sugar or sweetener
- Juice cocktails
- · Apple cider

## Juice (Plastic)

For Children 64 oz. For Women 48 oz.



Apple Grapefruit Orange Orange Mango

Pineapple Pineapple Mango Purple Grape Vegetable Orange Pineapple White Grape

## Frozen Juice

For Children 16 oz.



Apple

Orange

## Frozen Juice

For Women 11.5 - 12 oz.



Apple Grapefruit Orange

Purple Grape White Grape

## Refrigerated Juice

For Children 64 oz.



Orange

## For more information

**WIC Participants:** I-800-942-3678 | www.texaswic.org Vendors:

1-800-252-9629 www.dshs.state.tx.us/wichd/vo/vol.shtm

#### Infants 6 to 12 Months

## **Baby Cereal**

Gerber 8 oz. boxes only



## Don't Buy:

Organic, cereal with fruit, formula, DHA, or other non-cereal ingredients

## **Baby Fruits & Vegetables**

4 oz. only

## Choose anv brand

#### Look For:

- · Single container no multipacks
- · Single or mixed fruits and/or vegetables

#### Don't Buy:

- · Dinners, desserts, toddler foods, diced fruits, diced vegetables, organic, or Beechnut Mango.
- Baby fruits and vegetables with: cereal, oatmeal, yogurt, meat, rice, pasta, DHA, sugar, salt, or starches (such as rice flour or tapioca)

## **Exclusively Breastfed Infants**

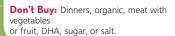
## **Baby Meats**

2.5 oz. only

## Choose any brand

#### Look For:

- Single containers no multipacks
- Any single meat with broth or gravy such as chicken, beef, turkey, or ham







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# **Smart Choices** Healthy Families **Shopping Guide** Effective October 1, 2012



For each WIC food, this brochure shows whether you can choose any brand, certain brands or the brand marked with the pink sticker. Stores may not carry every WIC approve food.

