

Breakfast Cereals

18 & 36 oz. packages only

Choose these brands



18 oz. only



18 oz. & 36 oz. Original only



18 oz. Original only



18 oz. only



18 oz. & 36 oz. only



18 oz. only



18 oz. only



18 oz. only



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



18 oz. box & 36 oz. bag



18 oz. & 36 oz. only



36 oz. only



18 oz. only



18 oz. only



18 oz.



18 oz. only



18 oz. only

With Almonds, Honey Roasted, Vanilla & Cinnamon Bunches

Lactose-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

Choose any brand



Milk

Children 1 year old – whole milk. No buttermilk
Children 2-4 years old & women – fat-free, low-fat (½% & 1%), reduced-fat (2%) milk & buttermilk

Look For:

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

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

Look for the WIC Approved Item



Cheese

Look For:

- 1 or 2 lb. packages
- Block or sliced
- American, Cheddar, Colby, Colby-Jack, Longhorn, Monterey 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

Look for the WIC Approved Item



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)

Choose any brand



Children 2-4 Years Old & Women

Canned Beans

15 oz. to 16 oz. cans

Look For:

Allens

- Blackeye 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

- Blackeye Peas (no snaps)
- Black Beans
- Cannellini Beans
- Dark Red Kidney Beans
- Fat Free Refried Beans
- Great Northern
- Pinto Beans
- Reduced Sodium Black Beans
- Dark Red Kidney Beans
- Pinto Beans

Don't Buy:

Chili beans, canned beans with snaps, jalapeño peppers, bacon, oils, Bush's Best "Seasoned Recipe," or soups

Peanut Butter

18 oz. jar only

Look For:

Creamy or crunchy

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



Choose any brand

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



Whole Grains

Look for the WIC Approved Item

Whole Wheat Bread

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 Buy: 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 Quick Oats or Old Fashioned Oats
- Best Choice Quick Oats or Old Fashioned Oats
- Granvita Oats
- Mom's Best Naturals Quick Oats or Old Fashioned Oats



Choose these brands

Exclusively Breastfeeding Women

Chunk Light Tuna & Pink Salmon

5 to 6 oz. can

Look For:

- Packed in water
- Regular or low sodium

Don't Buy: Albacore, yellowfin, tongol, fillet or gourmet tuna. Packed in oil or pouches

Look For:

- Packed in water
- Skin and bones is allowed

Don't Buy: Premium skinless and boneless, fillets, and red salmon. Packed in oil or pouches



NEW! Mixed Fruits and Vegetables are Allowed

Choose any brand

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 or red
- 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, gourds)
- 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 vegetables
- 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 Buy:

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

Juice (Plastic)

For Children 64 oz.
For Women 48 oz.



- | | |
|------------------|-----------------|
| Apple | Pineapple |
| Grapefruit | Pineapple Mango |
| Orange | Purple Grape |
| Orange Mango | Vegetable |
| Orange Pineapple | White Grape |

Frozen Juice

For Children 16 oz.



- | | |
|-------|--------|
| Apple | Orange |
|-------|--------|

Frozen Juice

For Women 11.5 - 12 oz.



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

Refrigerated Juice

For Children 64 oz.



- | |
|--------|
| Orange |
|--------|

For more information

WIC Participants:
1-800-942-3678 | 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 any 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



Don't Buy: Dinners, organic, meat with vegetables or fruit, DHA, sugar, or salt.

**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 approved food.

WIC Approved Item



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