



Memorandum

#20-058

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Amanda Hovis, Director
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: September 24, 2020

SUBJECT: FY21 Approved Foods and WIC Shopping

The Texas WIC Approved Foods list will change starting October 1, 2020 for Fiscal Year (FY) 2021.

Temporary flexibilities extended

The temporary flexibilities to some WIC foods have been extended, and an end date has not yet been determined. These flexibilities are available when a store is sold out of their WIC foods and include items such as 2% milk, organic eggs and larger loaves of bread.

The details of what can and cannot be purchased with WIC are posted here: <https://texaswic.org/about-wic/special-wic-food-updates>. A mass text will go out to clients on October 1 that directs clients to the updated webpage about temporary foods and new foods to keep them informed.

Shopping guides and approved foods materials coming soon

The new Texas WIC Shopping Guide will include additional WIC approved items for Fiscal Year (FY) 2021, effective October 1, 2020. Shopping guides, approved foods posters and the infant formula inserts will be shipped to local agencies in the first week of October. The electronic versions of these will be updated on 10/01/2020 on Texaswic.org, the [HHS website](#) and the [WIC catalog](#) for ordering.

Webinar for all WIC staff now available

A brief "Just-In-Time" pre-recorded presentation, Texas WIC Approved Foods Update for October 1, 2020, is posted on the WIC Training Catalog. This presentation will educate staff on changes to WIC foods and the shopping guide. Please encourage all WIC staff to review this presentation.

To register, click [here](#) or visit the Texas WIC Training website

Summary of approved foods changes for FY21

- The brown rice selection will be expanding to include any brand of 14-16 oz. brown rice, including instant brown rice.
- The dried bean selection will be expanding to include any brand and any type of bean.
- The canned bean selection will be expanding to include any type of bean.
- The juice selection will be expanding to include 48 oz. and 64 oz. bottles of cranberry apple and cranberry grape juice.
- The baby food fruits and vegetables selection will be expanding to include refrigerated and cold-pressed items in 4 oz. containers.
- The breakfast cereal selection will be expanding to include 24 oz. packages of the cereals listed below.
- The lactose-free milk selection will be expanding to include items with added calcium in half gallon containers.
- The juice cans and boxes selection for the No Refrigeration food packages will be expanding to include additional brands and flavors.
- There will be an expansion of brands of yogurt, cereal, whole wheat pasta and tofu. The specific brands and types are listed below.

Please encourage clinic staff to share these additions with all WIC clients.

New shopping video, web lesson and live class coming soon

The updated Texas WIC shopping video will be available in October, the new WIC shopping live class will launch in October, and an improved shopping web lesson will be available in November. The shopping video and web lesson will be available in English and Spanish. We will alert staff via memo when these are posted.

Any questions or concerns related to Texas WIC Approved Foods or shopping resources can be directed to Alyssa Rubin, WIC Approved Foods Coordinator at alyssa.rubin@hpsc.state.tx.us.

FY21 new food additions for brand specific categories:

Breakfast Cereal

- Cinnamon Chex 12 oz. box
- Cream of Wheat 2 1/2 Minute 12 oz. box
- Kellogg's Corn Flakes 24 oz. box
- Kellogg's Frosted Mini-Wheats 24 oz. box
- Kellogg's Frosted Mini-Wheats 27.6 oz. (24 oz. + 15% free) box
- Kellogg's Rice Krispies 24 oz. box
- Life Multigrain Cereal - Vanilla 18 oz. box

Yogurt - 32 oz.:

- Lucerne Yogurt Whole Milk Strawberry
- Lucerne Yogurt Whole Milk Vanilla
- Prairie Farms Whole Milk Yogurt Plain
- Food Club Blended Vanilla Low-fat Yogurt
- Food Club Low-fat Plain Yogurt
- Simple Truth Organic Low-fat Vanilla Yogurt
- WinCo Foods Low-fat Yogurt Peach Flavored
- WinCo Foods Low-fat Yogurt Strawberry Flavored
- WinCo Foods Low-fat Yogurt Vanilla Flavored
- WinCo Foods Non-Fat Yogurt

Whole Wheat Pasta - 16 oz.:

- Food Club Whole Wheat Penne
- Food Club Whole Wheat Spaghetti

Tofu - 16 oz.:

- Nasoya Organic Tofu Silken

No longer approved after December 31, 2020

Breakfast Cereal (discontinued):

- Malt-O-Meal Blueberry Mini Spooners 18 oz.
- Malt-O-Meal Blueberry Mini Spooners 36 oz.
- Malt-O-Meal Corn Flakes 18 oz.
- Malt-O-Meal Crispy Rice 12 oz.
- Malt-O-Meal Crispy Rice 12 oz.
- Malt-O-Meal Crispy Rice 18 oz.
- Malt-O-Meal Frosted Mini Spooners 18 oz. box
- Malt-O-Meal Strawberry Cream Mini Spooners 18 oz. bag
- Malt-O-Meal Strawberry Cream Mini Spooners 18 oz. box
- Post Honey Bunches of Oats with Cinnamon Bunches 18 oz. box

Whole Wheat Pasta - 16 oz. (discontinued):

- Hodgson Mill Whole Wheat Angel Hair
- Hodgson Mill Whole Wheat Elbows
- Hodgson Mill Whole Wheat Spaghetti
- Hodgson Mill Whole Wheat Spirals
- Hodgson Mill Whole Wheat Thin Spaghetti

Yogurt – 32 oz. (discontinued):

- Dannon Whole Milk Strawberry Yogurt
- H-E-B Blended Sweetened Plain Low-fat Yogurt
- Shurfine Low-fat Plain Yogurt
- Shurfine Yogurt Vanilla Low-fat