



NEWS RELEASE

Texas Health and Human Services Commission

Phil Wilson
HHS Executive Commissioner

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Contact: Elliott Sprehe, 512-462-6350

Elliott.Sprehe@hpsc.state.tx.us

Texas WIC Expands Eligible Foods, Launches Updated App

AUSTIN – Texas Health and Human Services announces Texas WIC, the special supplemental nutrition program for women, infants, and children, is expanding the number of food items eligible for purchase through the program. It is also updating the MyTexasWIC app to ensure Texans who need access to nutritious food will be able to find it in their local grocery stores.

“Grocers assure us they can meet this increased demand and have supply chains ready to respond,” said Dee Budgewater, HHS deputy executive commissioner for Health Developmental and Independence Services. “The Texas WIC team is working around the clock to ensure families have access to healthy food, which is one of the best ways to support mothers and growing children and help them achieve a greater sense of health and well-being.”

Effective immediately, there are additional options for certain food items WIC participants can buy. These food items include more options for milk, bread, rice, pasta and eggs. In addition, Texas WIC is permanently adding canned fruits and vegetables to the food package. Items at the grocery store with a

pink sticker that says “WIC Approved” are products eligible for shoppers to purchase using WIC.

WIC participants can find detailed information on the [Texas WIC website](#). WIC participants can also download the latest version of the *MyTexasWIC* shopping app on the [Google Play Store](#) or [Apple App Store](#), which informs families what the allowable food items are on their benefit package.

Texas WIC is operating under modified services throughout the state to help keep clients and staff safe. Families may call their local WIC clinics to learn more about how they can receive services. Visit the Texas WIC [website](#) or call 800-942-3678 to find how your local clinic is handling local services.

Many have modified their services and applicants are encouraged to start their applications [online](#) to protect office workers and practice social distancing precautions.

About WIC

WIC, or the Special Supplemental Nutrition Program for Women, Infants, and Children, is a U.S. Department of Agriculture program that is available to qualified pregnant women, new moms, and children younger than 5. Administered in Texas by HHSC, the program provides nutrition education, breastfeeding promotion and support, referrals and nutritious foods. Texas WIC helps approximately 678,000 clients on average each month with infant, child and prenatal nutrition and breastfeeding support.