



EARLY CHILDHOOD PROGRAMS COMMUNITY ACTION, INC.

of Central Texas

if your Early Head Start/Head Start child is in need of: Whole Milk, 1% milk, Lactose Free Milk, Almond Milk, Soy Milk, Rice Milk, Infant Formula or Baby Food please contact your Family Advocate.

Do you have other needs? Please let your family advocate know.

Meals Provided by School Districts:

There are multiple schools in your district that are providing Free Meals for all children 18 years and younger. Children do not need to be present to receive meals. Click on links below for meal pick up times and location.

San Marcos: <https://www.smcisd.net/Page/4273>

Kyle: <https://www.hayscisd.net/eat>

Lockhart: http://www.lockhartisd.org/parents/grab_go_meals

Luling: Curbside meals can be picked up at **Luling High School- 123 East Travis Street**. Monday Through Friday. **Pick Up Times:** Breakfast 7am – 9am; Lunch 11am-1pm

WIC Information: Call 512-393-8040 to speak with the WIC clinic.

Temporary & Permanent Changes to WIC Approved Foods

The recent events surrounding COVID-19 have made it difficult to keep WIC approved foods stocked for vendors and available for participants.

Temporary Flexibilities

To support our WIC community, Texas WIC will provide flexibility and temporarily lift restrictions on the food categories listed below. These flexibilities should only be utilized when prescribed food items are unavailable.

Fluid Milk. Participants issued fat-free, ½%, or 1% milks will also be able to purchase 2% milk and low-fat/non-fat options that include calcium-fortified, high-protein, organic, docosahexaenoic acid (DHA), and omega-3 milks. Flavored milk will not be allowed.

Participants issued whole milk will also be able to purchase whole milk options that include calcium-fortified, high-protein, organic, DHA, and omega-3 milks. Flavored milk will not be allowed.



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Whole-Wheat Bread. Participants will be allowed to substitute any brand and size of whole-wheat bread. This includes brands that say “whole wheat,” “100% whole wheat,” “stone ground 100% whole wheat,” “whole grain 100% whole wheat,” and “whole wheat with honey.”

Eggs. Participants will be allowed to substitute different carton sizes, including a half-dozen or one-and-a-half dozen eggs of any type. Texas WIC will lift the restrictions on brown, pasture-raised, free-range, and organic eggs.

Whole-Wheat Pasta. Participants will be allowed to substitute any brand of 16-ounce whole-wheat pasta.

Brown Rice. Participants will be allowed to substitute any brand of 16-ounce brown rice.

Permanent Changes

To allow for more flexibility, fruits and vegetables in containers, including cans, glass jars and plastic tubs, are allowed **now** rather than the planned fiscal year 2021 release.

Canned Fruits and Vegetables (choose any brand)

- Any size can, glass jar or plastic container
- Single or mixed
- Organic or regular
- Regular or low-sodium
- Fruit can be in juice or water
- Unsweetened apple sauce is allowed

NOT WIC Approved

- Pouches or packets
- Dried fruit
- Fruit with added sugar, artificial sweetener or any type of syrup
- Cream-style vegetables
- Vegetables with cream, oil, sauce or meat
- Soups, ketchup, pickles or olives

Texans can dial 2-1-1 (option 6) for information on COVID-19 and local community resources on health care, utilities, food, housing and more.

Hays County Food Bank: For updated information go to:

<http://www.haysfoodbank.org/home.aspx>

For a compiled list of food pantries in the area go to:

https://www.foodpantries.org/ci/tx-san_marcos



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Family Resources: Links to Cooking videos, Recipes, Healthy eating and Nutrition.

<https://foodhero.org/>

<https://www.choosemyplate.gov/resources/videos>

<https://texaswic.org/online-classes>