



Cold and Hot Cereals  
Allowed in 12 oz. to 36 oz. Size Only  
No Substitutions!



**12 oz. Frozen for Women Only**  
**64 oz. Bottled Juices for Children Only**  
(size as specified on food instrument)  
**Vitamin C Juice Requirements**  
Non 100% Citrus Juices -  
Minimum of 120% Vitamin C Fortified  
100% Citrus Juices -  
Minimum of 100% Vitamin C Fortified



**12 oz. 100% Old Orchard Frozen**  
**Any Brand**  
Apple, Apple Cherry, Apple Cranberry, Apple Kiwi Strawberry, Apple Passion Mango, Apple Raspberry, Apple Strawberry Banana, Berry Blend, Blueberry Pomegranate, Cherry Pomegranate, Cranberry, Cranberry Pomegranate, Cranberry Raspberry, Grape, Orange, Pineapple, Pineapple Orange, Pineapple Orange Banana, and White Grape

**12 oz. 100% Dole Frozen**  
Orange Peach Mango, Orange Strawberry Banana, Pineapple, Pineapple Orange, Pineapple Orange Banana and Pineapple Orange Strawberry

**Welch's Bright Yellow Top Signifies 100% Juice**  
**11.5 oz. 100% Welch's Frozen**  
Grape, White Grape, White Grape Cranberry, White Grape Peach, White Grape Pear and White Grape Raspberry

**64 oz. 100% Juice Bottles - Unsweetened**  
**Juicy Juice**  
All Flavors  
**Diane's Garden**  
Vegetable  
**Tipton Grove**  
Apple and Grape

Tofu 16 oz. Only  
Azumaya Tofu Firm, Extra Firm and Silken  
Nasoya Tofu Silken

**64 oz. 100% Juice Bottles - Unsweetened**  
**Best Choice**  
Apple, Blends (Berry, Cherry, Grape and Punch), Grape, Pineapple, Pink Grapefruit, Tomato, Vegetable, White Grape and White Grapefruit

**Great Value**  
Apple, Cranberry, Cranberry Grape, Cranberry Raspberry, Grape, Tomato, Vegetable, White Grape and White Grape Peach

**Harvest Classic**  
Apple, Apple Orange Pineapple Blend, Cranberry Apple, Cranberry Blend, Cranberry Grape, Cranberry Raspberry, Grape, Orange, Pineapple, Vegetable and White Grape

**Langers**  
Apple, Apple Berry Cherry, Apple Cranberry, Apple Grape, Apple Kiwi Strawberry, Apple Orange Pineapple, Apple Peach Mango, Cranberry Berry Plus, Cranberry Grape Plus, Cranberry Plus, Cranberry Pomegranate Blueberry Plus, Cranberry Raspberry Plus, Disney (Apple Cran Grape, Berry, Grape, Punch), Grape, Grape Plus, Harvest Apple Plus, Orange, Pineapple, Pineapple Orange, Red Grape, Ruby Red Grapefruit, Tomato, Vegetable, Low Sodium Vegetable and White Grape

**Market Pantry**  
Apple, Berry, Grape, Tomato, Vegetable and White Grape  
**Old Orchard**  
Acai Pomegranate, Apple, Apple Cranberry, Berry Blend, Blueberry Pomegranate, Cherry Pomegranate, Cranberry Pomegranate, Grape, Kiwi Strawberry, Orange, Peach Mango, Pineapple, Red Raspberry, White Grape and Wild Cherry

**Parade**  
Apple, Grape, Orange, Orange Mango, Orange Pineapple, Pineapple, Pineapple Mango, Pink Grapefruit, Tomato, Vegetable and White Grape

**Shur Fine**  
Apple, Cranberry, Cranberry Apple, Cranberry Raspberry, Grape, Juice A Lot (Berry, Cherry, Grape and Punch), Orange, Pineapple, Pink Grapefruit, Tomato, Vegetable, White Grape and White Grapefruit



**Allowed**  
**Fresh & Frozen Fruits**  
Any Variety Whole or Cut without added sugar  
Bagged or Prepackaged Fruits without added dips  
Organic Fruits  
**Allowed**  
**Fresh & Frozen Vegetables**  
Any Variety Whole or Cut without added fats, oils, or sugars  
Bagged or Prepackaged Vegetables, including Salads without dips or dressings  
All Potatoes and Yams  
Organic Vegetables

**Fruit & Vegetables**  
**Not Allowed:**  
Salad bar, fruit baskets, and party tray purchases;  
Breaded vegetables; Creamed or sauced vegetables;  
Canned fruits or vegetables; Fruit-nut mixtures;  
Vegetable-grain mixtures (i.e. pasta, rice, etc.);  
**Herbs or Spices:** Anise, Basil, Bay Leaves, Caraway, Chervil, Chives, Cilantro, Dill, Fenugreek, Horseradish, Lemon Grass, Marjoram, Mint, Oregano, Parsley, Rosemary, Sage, Savory, Tarragon, Thyme and Vanilla Bean; **Edible blossoms and flowers:** e.g. squash blossoms (broccoli, cauliflower, and artichokes are allowed); **Ornamental & decorative fruits and vegetables:** e.g. chili peppers on a string, garlic on a string, gourds, and painted pumpkins

**Tuna - Any Brand**  
5 oz. Can Only, Oil or Water  
**Not Allowed:** Albacore, hickory smoked, organic, solid or chunk white  
**Salmon - Any Brand**  
Pink or White - 7.5 - 15 oz. Can, Oil or Water  
**Not Allowed:** Organic  
**Sardines - Any Brand**  
3.75 - 15 oz. Can, Any Sauce  
**Not Allowed:** Organic  
**Chub Mackerel - Any Brand**  
15 oz. Can Only, Oil or Water  
**Not Allowed:** Organic

**Infant Fruits & Vegetables**  
Beech Nut Stage 2, 4 oz.  
Gerber Stage 2, 8 oz. (2 - 4 oz. pks)  
**Not Allowed:** Added DHA & ARA, smoothies/desserts, dinners, grain blends, naturals or organic  
**2 packs will count as 2 items toward the quantity purchased (i.e. a 2 pack = 2 containers)**  
**Infant foods are calculated by ounce instead of by item on eWIC**

**Infant Meats**  
Beech Nut or Gerber 2.5 oz.  
**Not Allowed:** Added DHA & ARA, dinners or organic  
**Infant Cereal**  
Beech Nut or Gerber Barley, Mixed, Oatmeal, Rice and Whole Wheat 8 or 16 oz. Containers  
**Not Allowed:** Added DHA & ARA, fruit or yogurt, organic

### Whole Grain Options



**16 oz. Loaves Only**  
 Best Choice - 100% Whole Wheat (UPC 0-70038-31150-8)  
 Bimbo - 100% Whole Wheat (UPC 0-74323-09230-1)  
 Great Value - 100% Whole Wheat (UPC 0-78742-07448-1)  
 Mrs. Baird's - 100% Whole Wheat (UPC 0-70870-00061-5)  
 Mrs. Baird's - Sugar Free Whole Grain Wheat (UPC 0-70870-00067-7)  
 Nature's Own - 100% Whole Grain Sugar Free (UPC 0-72250-01767-1)  
 Nature's Own - 100% Whole Wheat w/Real Honey (UPC 0-72250-04319-9)  
 Ozark Hearth - 100% Whole Wheat (UPC 0-75551-41191-9)  
 Roman Meal - Sungrain 100% Whole Wheat (UPC 0-77633-70030-0)  
 Sara Lee - Soft & Smooth 100% Whole Grain (UPC 0-72945-61103-0)  
 Wonder - 100% Whole Wheat (UPC 0-72250-01136-5)



**Whole Wheat Pasta**  
**2 - 8 oz. or 16 oz. Only**  
**Allegra**  
 Spaghetti  
**Barilla**  
 Penne and Spaghetti  
**Gia Russa**  
 Angel Hair, Gnocchi, Lasagna, Linguine, Medium Shells, Penne Rigate, Roman Rigatoni, Rotini, Spaghetti and Thin Spaghetti  
**Hodgson Mill**  
 Angel Hair, Elbows, Lasagna, Spaghetti, Spinach Spaghetti, Spirals and Thin Spaghetti  
**Racconto**  
 Capellini, Elbows, Farfalle, Linguine, Penne Rigate, Rigatoni, Rotini and Spaghetti  
**Ronzoni Healthy Harvest**  
 Linguine, Penne Rigate, Rotini, Spaghetti and Thin Spaghetti

### Whole Grain Options



**Whole Wheat Tortillas**  
**16 oz. Only**  
 Best Choice - 100% Whole Wheat Taco Size 16 oz. (UPC 0-70038-61260-5)  
 Don Pancho - Whole Wheat Taco Size 16 oz. (UPC 0-79341-02628-4)  
 Guerrero - Whole Wheat Taco Size 16 oz. (UPC 0-48564-07107-4)  
 La Banderita - Whole Wheat Fajita Size 16 oz. (UPC 0-27331-00048-6)  
 Mama Lupe's - 100% Whole Wheat Taco Size 16 oz. (UPC 0-36035-10080-4)  
 Mission - Whole Wheat Taco Size 16 oz. (UPC 0-73731-07107-6)  
 Native Tortilla - 100% Whole Wheat 16 oz. (UPC 0-89949-00060-9)  
 Ortega - Whole Wheat 16 oz. (UPC 0-41501-00922-2)  
 Santa Fe Tortilla Company - Whole Wheat 16 oz. (UPC 0-81896-19899-6)  
 Tia Rosa - 100% Whole Wheat Taco Size 16 oz. (UPC 7-03965-06800-8)  
 Tio Santi - 100% Whole Wheat Taco Size 16 oz. (UPC 0-51933-34414-3)

**Additional Whole Grain Options**  
 (must have whole grain as primary ingredient by weight)  
**Not Allowed:** Organic



**Oatmeal - Any Brand**  
 16 oz. Only  
 No Individual Packets

**Brown Rice - Any Brand**  
 14 - 16 oz. Only

**Bulgur - Any Brand**  
 16 oz. Only

**Soft Corn Tortillas - Any Brand**  
 16 oz. Only

**Least Cost Brand**  
 White Milk  
 Gallon, 1/2 Gallon, and Quart Sizes  
 any and all %s as specified

**Chocolate Milk**  
 Gallon Size Only  
 2%, 1%, 1/2% and Skim Only  
**Not available on all programs.**

**Acidophilus, Buttermilk**  
 (size as specified on food instrument)

**Least Cost Brand**  
 any and all %s  
 Evaporated Milk

**Fat Free Dry Milk**

**Least Cost Brand**  
 Lactose Free Milk

**Quart or 1/2 Gallon**  
 any and all %s  
 as specified

**Soymilk**  
 1/2 Gallon Only

**8th Continent Soymilk (Original or Vanilla)**  
 or  
 Silk Soymilk (Original Only)

**Infant Formula - (Iron Fortified)**  
 Redeem as Specified on the Food Benefit

**Least Cost Brand (16 oz. Size Only)**  
 Pasteurized Processed American Slices,  
 1/2 Moon or Block Only of Cheddar,  
 Colby, Colby Jack, Monterey Jack,  
 Mozzarella, Muenster and Swiss  
**Not Allowed:** Individually wrapped slices, deli,  
 shredded, processed cheese food or 8 oz. packages

**Real Cheese**

**Eggs**  
 Eggs - Least Cost Brand  
 Dozen Medium or Large  
 Grade A or AA  
**Not Allowed:** Brown or  
 low-cholesterol eggs

**Peanut Butter**  
 Peanut Butter - **Any Brand**  
**16.3 - 18 oz. Size Only**  
**Not Allowed:** Omega-3, Organic,  
 added chocolate, honey,  
 jelly or marshmallow

**Legumes (Beans or Peas)**  
**Any Brand**  
 1 lb. Size  
 Dry, Unflavored  
**Not Allowed:** Organic or  
 soup mixes

**Any Brand**  
 15 - 16 oz. Size  
**Canned Beans and Blackeyed Peas**  
**Not Allowed:** Added meats, sugars,  
 fats, or oils, green beans, organic,  
 refried beans (except fat free refried beans)

### Lowfat & Fat Free Yogurt - 32 oz. (Quart)

**Brown Cow**  
 Plain & Vanilla - (Nonfat)

**Coburn Farms**  
 Plain & Vanilla - (Lowfat)

**Dannon**  
 Vanilla (Lowfat)

**Dannon - All Natural**  
 Plain (Lowfat & Nonfat)

**Dannon - Light & Fit**  
 Strawberry & Vanilla - (Nonfat)

**Great Value**  
 Plain, Strawberry Banana & Vanilla (Nonfat)  
 Peach, Strawberry, Strawberry Banana  
 & Vanilla (Lowfat)

**LALA**  
 Mango, Mixed Berry, Peach,  
 Pina Colada, Plain, Strawberry  
 & Strawberry Banana - (Lowfat)

**Mountain High**  
 Honey (Lowfat),  
 Plain & Vanilla - (Lowfat & Fat Free)

**Nancy's**  
 Plain - (Lowfat)  
 Plain & Vanilla - (Nonfat)

**Shurfine Central**  
 Plain, Strawberry & Vanilla - (Lowfat)

**Shurfine West**  
 Plain (Lowfat & Nonfat) & Vanilla (Lowfat)

**Yoplait**  
 Plain (Fat Free)  
 Harvest Peach, Strawberry,  
 Strawberry Banana & Vanilla - (Lowfat)

**Whole Yogurt - 32 oz. (Quart)**

**Brown Cow**  
 Maple, Plain & Vanilla - (Whole)

**Dannon - All Natural**  
 Plain (Whole)

**Mountain High**  
 Plain & Vanilla - (Whole)

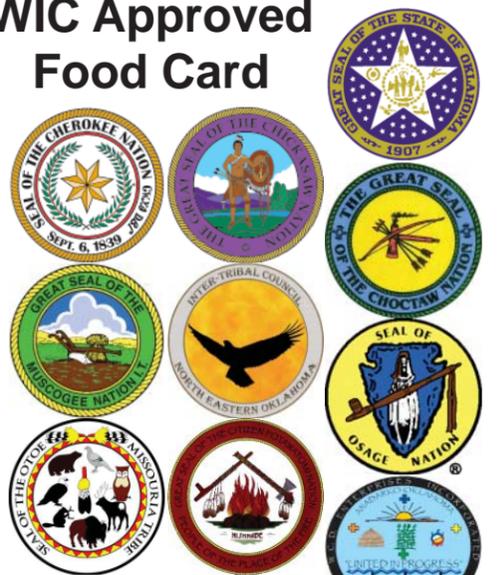
**Nancy's**  
 Honey Milk Plain - (Whole)

**USDA is an equal opportunity provider and employer.**

**WIC Service**  
 Oklahoma State  
 Department of Health

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# Oklahoma Unified WIC Approved Food Card



**Selections May Vary By Store**

**For Free Help To Quit Tobacco Call 1-800-QUITNOW Today!**

**Breastfeeding is a very special gift for your baby.**

**Questions about breastfeeding?**  
**WIC can help you!**  
**Oklahoma Breastfeeding Hotline**  
**1-877-271-MILK (6455)**  
 24 hours a day, 7 days a week  
**Breastfeeding Information & Support**  
<http://bis.health.ok.gov>

**Know Your Rights! It's the Law!**

- Employers shall provide reasonable break time and a private place for an employee to express breast milk for her nursing child for one year after the child's birth.  
Patient Protection and Affordable Care Act signed into law March 23, 2010 (P.L. 111-148)
- Mothers in Oklahoma have the right to nurse their baby anywhere they have the right to be.
- Nursing mothers shall be exempt from jury duty upon their request.

ODH P 449 Effective: October, 2015