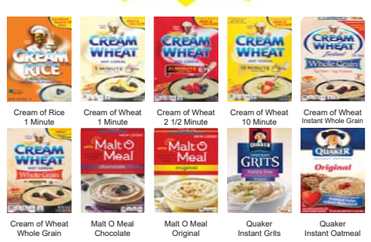
Cold and Hot Cereals
Allowed in 11.8 oz. to 36 oz. Size Only
No Substitutions!



Whole Grain Options

16 oz. Loaves Only
Best Choice - 100% Whole Wheat
(UPC 0-70038-31150-8)

Best Yet - 100% Whole Wheat
(UPC 0-42187-20348-5)

Essential Everyday - 100% Whole Wheat
(UPC 0-41303-02780-6)

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)

Pepperidge Farm -
Very Thin Sliced 100% Whole Wheat
(UPC 0-14100-07132-7)

Sara Lee - 100% Whole Wheat
(UPC 0-72945-61103-0)

WinCo Foods - 100% Whole Wheat
(UPC 0-70552-00113-8)

Wonder - 100% Whole Wheat
(UPC 0-72250-01136-5)

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

Whole Grain Options

Whole Wheat Tortillas
16 oz. Only
Best Choice - 100% Whole Wheat
(UPC 0-70038-62236-9)

Don Pancho - Whole Wheat Taco Size
(UPC 0-79341-02628-4)

Essential Everyday - Whole Wheat
(UPC 0-41303-05852-7)

Great Value - Whole Wheat Taco SIze
(UPC 0-78742-29479-7)

Guerrero - Whole Wheat Taco Size
(UPC 0-48564-29479-7)

La Banderita - Whole Wheat Fajita Size
(UPC 0-27331-00048-6)

Mama Lupe's - 100% Whole Wheat Taco Size
(UPC 0-36035-10080-4)

Market Pantry - Whole Wheat
(UPC 0-85239-26752-3)

Mi Casa - 100% Whole Wheat
(UPC 0-72250-00760-3)

Mission - Whole Wheat Fajita Size
(UPC 0-73731-07129-8)

Mission - Whole Wheat Taco Size
(UPC 0-73731-07107-6)

Native Tortilla - 100% Whole Wheat
(UPC 0-89949-00060-9)

Ortega - Whole Wheat
(UPC 0-41501-00922-2)

Santa Fe Tortilla Company - Whole Wheat
(UPC 0-81896-19899-6)

Shur Fine - Whole Wheat
(UPC 0-11161-40121-6)

Tio Santi - 100% Whole Wheat Taco Size
(UPC 0-51933-34414-3)

Whole Grain Options

Whole Wheat Pasta
(2 - 8 oz. or 16 oz. Only)

Allegra
Spaghetti

Barilla
Angel Hair, Elbows, Linguine, Medium Shells, Penne, Rotini, Spaghetti and Thin Spaghetti

Essential Everyday
Macaroni, Penne, Rotini, Spaghetti and Thin Spaghetti

Gia Russa
Angel Hair, Lasagna, Linguine, Medium Shells, Penne Rigate, Roman Rigatoni, Rotini, Spaghetti and Thin Spaghetti

Great Value
Elbows, Linguine, Penne, Rotini, Spaghetti and Thin Spaghetti

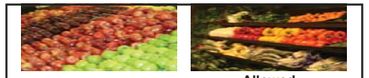
Hodgson Mill
Angel Hair, Elbows, Lasagna, Spaghetti, Spinach Spaghetti, Spirals and Thin Spaghetti

Racconto
Capellini, Elbows, Farfalle, Linguine, Penne Rigate, Rigatoni, Rotini and Spaghetti

Ronzoni Healthy Harvest
Linguine, Penne Rigate, Rotini, Spaghetti and Thin Spaghetti

Shur Fine
Penne Rigata and Spaghetti

WinCo Foods
Penne, Rotini and Spaghetti



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 Pink or White - **Any Brand**
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

11.5 - 12 oz. Frozen Juices for Women Only
64 oz. Bottled Juices for Children Only
(size as specified on food benefit)

12 oz. Frozen - Orange Juice
Any Brand

12 oz. Frozen - Apple Juice
Always Save, Best Choice, Best Yet, Essential Everyday, Great Value, Market Pantry, Old Orchard, Shur Fine, Tipton Grove, and WinCo Foods

12 oz. 100% **Old Orchard** Frozen Juice

Apple, Apple Cherry, Apple Cranberry, Apple Kiwi Strawberry, Apple Peach Mango, Apple Raspberry, Apple Strawberry Banana, Berry Blend, Black Cherry Cranberry, Blueberry Pomegranate, Cherry Pomegranate, Cranberry, Cranberry Pomegranate, Cranberry Raspberry, Grape, Orange, Pineapple, Pineapple Orange, Pineapple Orange Banana, Strawberry Rhubarb and White Grape

12 oz. 100% **Dole** Frozen Juice

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 Juice

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

Best Choice
Apple, Blends (Berry, Cherry, Grape and Punch), Cranberry, Grape, Pineapple, Pink Grapefruit, Tomato, Vegetable, White Grape and White Grapefruit

Best Yet
Apple, Crannberry, Cranberry Grape, Grape, Grapefruit, Orange, Orange Mango, Orange Pineapple, Pineapple, Pineapple Mango, Tomato, Vegetable and White Grape

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

64 oz. 100% Juice Bottles - Unsweetened

Essential Everyday
Apple, Cranberry, Grape, Grape Blend, Orange, Pineapple, Punch, Tomato, Low Sodium Tomato, Vegetable, Low Sodium Vegetable, White Grape and White Grapefruit

Great Value
Apple, Cranberry, Cranberry Grape, Grape, Pineapple, Tomato, Vegetable, White Grape and White Grape Peach

Harvest Classic
Apple, Apple Orange Pineapple, Cranberry Apple, Cranberry, 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, Mango Tangerine, 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, Black Cherry Cranberry, Blueberry Pomegranate, Cherry Pomegranate, Cranberry Pomegranate, Grape, Kiwi Strawberry, Orange, Orange Tangerine, Peach Mango, Red Raspberry, Strawberry Watermelon, White Grape and Wild Cherry

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

Tipton Grove
Apple, Grape, Pineapple, Vegetable and White Grape

WinCo Foods
Apple, Grape, Low Sodium Vegetable, Vegetable, and White Grape

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

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

Acidophilus,
Buttermilk
(size as specified on food benefit)

Least Cost Brand
any and all %s
Evaporated Milk

Fat Free
Dry Milk

Least Cost Brand
Lactose Free Milk

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)

Real Cheese

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, string, shredded, processed cheese food or 8 oz. packages

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

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

Legumes (Beans or Peas)

Dry, Unflavored
Any Brand
1 lb. Size
Not Allowed: Organic or soup mixes

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

Peanut Butter - **Any Brand**
16 - 18 oz. Size Only
Not Allowed: Omega-3, Organic, added chocolate, honey, jelly or marshmallow

Lowfat & Nonfat Yogurt - 16 oz. (4pk 4oz) 2 x 16 oz. = 32 oz.
All brands are not available on all WIC programs.

Activia
Black Cherry, Blueberry, Mango, Mixed Berry, Peach, Prune, Strawberry, Strawberry Banana & Berry, Strawberry & Blueberry, Strawberry & Cotton Candy, Strawberry Banana & Raspberry and Strawberry Banana & Strawberry - (Lowfat)

Activia - Lactose Free
Black Cherry, Peach, Strawberry & Vanilla - (Lowfat)

Activia Fruit on the Bottom
Blueberry & Blackberry, Cherry & Vanilla, Peach & Mango, Pineapple & Coconut and Strawberry & Raspberry - (Lowfat)

Activia Light
Blueberry, Peach, Strawberry & Vanilla - (Nonfat)

Lowfat & Nonfat Yogurt - 32 oz. (Quart)
All brands are not available on all WIC programs.

Best Choice
Strawberry & Vanilla - (Lowfat) & Plain - (Nonfat)

Best Yet
Plain & Vanilla - (Lowfat & Nonfat)

Coburn Farms
Plain & Vanilla - (Lowfat)

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

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

Essential Everyday
Blueberry, Peach, Plain, Raspberry, Strawberry & Vanilla - (Lowfat)
Plain - (Nonfat)

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

Hiland
Peach, Strawberry & Vanilla - (Lowfat)
Plain - (Nonfat)

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

Mountain High
Plain & Vanilla - (Lowfat & Fat Free)

Shur Fine
Plain - (Nonfat)
Plain & Vanilla - (Lowfat)

WinCo Foods
Peach, Strawberry & Vanilla - (Lowfat)
Plain - (Nonfat)

Yoplait
Blueberry, Harvest Peach, Strawberry, Strawberry Banana & Vanilla - (Lowfat)
Plain - (Nonfat)

Lowfat & Nonfat Yogurt - 32 oz. (Quart)
All brands are not available on all WIC programs.

Yoplait Kid
Berry & Strawberry, Cotton Candy & Wild Berry, Strawberry Banana & Berry, Strawberry & Blueberry, Strawberry & Cotton Candy, Strawberry Banana & Raspberry and Strawberry Banana & Strawberry - (Lowfat)

Lowfat & Nonfat Greek Yogurt - 32 oz. (Quart)
All brands are not available on all WIC programs.

Best Choice - Greek
Plain & Vanilla - (Nonfat)

Chobani - Greek
Plain - (Lowfat)
Peach, Plain, Strawberry & Vanilla - (Nonfat)

Coburn Farms - Greek
Plain - (Nonfat)

Dannon - Light & Fit Greek
Plain & Vanilla - (Nonfat)

Dannon - Oikos Greek
Plain & Vanilla - (Nonfat)

Dannon - Oikos Triple Zero Greek
Strawberry & Vanilla - (Nonfat)

Essential Everyday - Greek
Strawberry & Vanilla - (Nonfat)

Great Value - Greek
Plain & Vanilla - (Nonfat)

WinCo Foods - Greek
Peach, Plain & Vanilla - (Nonfat)

Whole Fat Regular & Greek Yogurt - 32 oz. (Quart)

Brown Cow
Maple, Plain & Vanilla - (Whole)

Chobani - Greek
Plain - (Whole)

Dannon - All Natural
Plain, Strawberry & Vanilla - (Whole)

Dannon - Oikos Greek
Plain - (Whole)

Great Value - Greek
Plain - (Whole)

Essential Everyday - Greek
Honey Salted Caramel & Plain - (Whole)

Mountain High
Plain, Strawberry & Vanilla - (Whole)

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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, 2019