



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



**11.5 - 12 oz. Frozen Juices for Women Only**

**64 oz. Bottled Juices for Children Only**  
(size as specified on food benefit)

**Vitamin C Juice Requirements**

Non 100% Citrus Juices -  
Minimum of 120% Vitamin C Fortified

100% Citrus Juices -  
Minimum of 100% Vitamin C Fortified

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12 oz. Frozen - Orange Juice  
**Any Brand**

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12 oz. Frozen - Apple Juice

Always Save, Best Choice, Great Value,  
Market Pantry, Old Orchard, Parade,  
Shur Fine, Tipton Grove and Tree Top

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

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

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**12 oz. 100% Dole Frozen**

Orange Peach Mango, Orange Strawberry Banana,  
Pineapple, Pineapple Orange, Pineapple Orange Banana  
and Pineapple Orange Strawberry

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**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

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**64 oz. 100% Juice Bottles - Unsweetened**

**Diene's Garden**  
Vegetable

**Tipton Grove**  
Apple and Grape

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Infant Formula - *(Iron Fortified)*

Redeem as Specified on Food Benefit

**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,  
Grape, Tomato, Vegetable, White Grape  
and White Grape Peach

**Harvest Classic**  
Apple, Apple Grape, Apple Orange Pineapple  
Blend, 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,  
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,  
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

**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

**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

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**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

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**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**

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**Infant Meats**  
Beech Nut or Gerber 2.5 oz.  
**Not Allowed:** Added DHA & ARA, dinners or organic

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**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**  
Angel Hair, Elbows, Linguine, Medium Shells, Penne, Rotini, Spaghetti and Thin 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 (UPC 0-70038-62236-9)
- Don Pancho - Whole Wheat Taco Size (UPC 0-79341-02628-4)
- Guerrero - Whole Wheat Taco Size (UPC 0-48564-07107-4)
- La Banderita - Whole Wheat Fajita Size (UPC 0-27331-00048-6)
- Mama Lupe's - 100% Whole Wheat Taco Size (UPC 0-36035-10080-4)
- 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)
- Tia Rosa - 100% Whole Wheat Taco Size (UPC 7-03965-06800-8)
- Tio Santi - 100% Whole Wheat Taco Size (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 WIC programs.**

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

	<b>Least Cost Brand</b> any and all %s Evaporated Milk		<b>Least Cost Brand Lactose Free Milk</b> Quart or 1/2 Gallon any and all %s as specified
	<b>Fat Free Dry Milk</b>		


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


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

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

**Legumes (Beans, Peas or Peanut Butter)**

 **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)

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

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

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

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

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

**Dannon**  
Vanilla (Lowfat)  
Strawberry & Strawberry Banana (Nonfat)

**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)

**Market Pantry**  
Plain & Vanilla - (Nonfat) & Vanilla - (Lowfat)

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

**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)

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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.