









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, Cranberry, Cranberry Grape, Grape, Grapefruit, Orange, Orange Mango, Orange Pineapple, Pineapple, Pineapple Mango, Tomato, Vegetable and White Grape

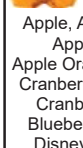
Infant Formula - (Iron Fortified)
 Redeem as Specified on Food Benefit

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

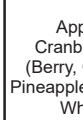

Great Value
 Apple, Cranberry, Cranberry Grape, Grape, Pineapple, Tomato, Vegetable, White Grape and White Grape Peach



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)


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|-------------------------------------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------|
|  | Least Cost Brand any and all %s Evaporated Milk |  | Least Cost Brand Lactose Free Milk |
|  | Fat Free Dry 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)



 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 & Vanilla - (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.