



Cold and Hot Cereals
Allowed in 9.8 oz. to 36 oz.
Size Only
No Substitutions!



Whole Grain Options



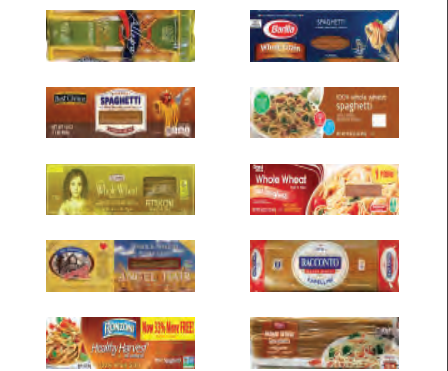
- 16 oz. Loaves Only**
 Best Choice - 100% Whole Wheat (UPC 0-70038-31150-8)
 Best Yet - 100% Whole Wheat (UPC 0-42187-20348-5)
 Bunny - 100% Whole Wheat (UPC 0-24126-00822-1)
 Lewis -
 Healthy Life 100% Whole Wheat (UPC 0-24126-00893-1)
 Mrs. Baird's - 100% Whole Wheat (UPC 0-70870-00061-5)
 Mrs. Baird's - Sugar Free Whole Grain Wheat (UPC 0-70870-00067-7)
 Nature's Own -
 Life Sugar Free 100% Whole Grain (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 -
 Cinnamon Raisin Swirl 100% Whole Wheat (UPC 0-14100-08543-0)
 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)

Whole Grain Options

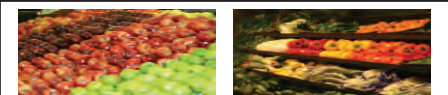


- Whole Wheat Tortillas**
16 oz. Only
 Best Choice - 100% Whole Wheat (UPC 0-70038-62236-9)
 Don Pancho - Whole Wheat Taco Size (UPC 0-79341-02628-4)
 Food Club - Whole Wheat Fajita Size (UPC 0-36800-22082-9)
 Great Value - Whole Wheat Taco Size (UPC 0-78742-29479-7)
 Guerrero - Whole Wheat Taco Size (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)
 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
Best Choice
 Rotini and Spaghetti
Food Club
 Penne Rigate and 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
WinCo Foods
 Penne, Rotini and Spaghetti



- Allowed Fresh, Canned & Frozen Fruits**
 Any Variety Whole or Cut without added sugars (including artificial sweeteners), fats, oils or salt
 Bagged or Prepackaged Fruits without added dips
 Organic Fruits
- Allowed Fresh, Canned & Frozen Vegetables**
 Any Variety Whole or Cut without added fats, oils, or sugars (including artificial sweeteners)
 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;
 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**
 2.5 - 5 oz. Can or Pouch, Any Sauce
 Not Allowed: Albacore, hickory smoked, organic, solid or chunk white
- Salmon**
 Pink or White - Any Brand
 2.5 - 15 oz. Can or Pouch, Any Sauce
 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


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

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, Food Club, Great Value, Market Pantry, Old Orchard, 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

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


Food Club
 Apple, Grape, Orange, Pineapple, Tomato, Vegetable and White Grape

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

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

64 oz. 100% Juice Bottles - Unsweetened


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 Cranberry Grape, Apple Grape, Apple Kiwi Strawberry, Apple Orange Pineapple, Apple Peach Mango, Cranberry Acai Plus, Cranberry Berry Plus, Cranberry Grape Plus, Cranberry 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


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

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


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 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

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.
Any Brand

Lactose Free Milk - 1/2 Gallon Only
 any and all %s as specified
Buttermilk - Quart
 (size as specified on food benefit)

Least Cost Brand any and all %s Evaporated Milk
UHT White Cow's Milk **Any Brand** Quart any and all %s as specified

Fat Free Dry Milk
Soy milk - 1/2 Gallon or Quart Only
 8th Continent Soy milk (Original or Vanilla), Silk Soy milk (Original Only) or Pacific UltraSoy (Original Only)

Least Cost Brand (8, 16 or 32 oz.)
 Pasteurized Processed American Slices, Block or Shredded Only of Cheddar, Colby, Colby Jack, Monterey Jack, Mozzarella, Muenster and Swiss
Real Cheese
Not Allowed: Individually wrapped slices, deli, string or processed cheese food

Tofu 16 oz. Only
 Azumaya Tofu Firm, Extra Firm and Silken
 Franklin Farms Tofu Firm, Extra & Medium Firm and Silken
 House Foods Tofu Firm, Medium Firm and Extra Firm

Eggs
 Eggs - Least Cost Brand Dozen Medium or Large Grade A or AA (White & Brown)
Not Allowed: 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 - (Lowfat & Nonfat) Vanilla - (Lowfat)

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

Food Club
 Plain, Strawberry & Vanilla - (Lowfat)

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)

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, Strawberry Banana & Strawberry and Strawberry & Strawberry Banana - Reduced Sugar (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)

Food Club - Greek
 Plain & 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 & Vanilla - (Whole)

Dannon - Oikos Greek
 Plain - (Whole)

Great Value - Greek
 Plain - (Whole)

Mountain High
 Plain, Strawberry & Vanilla - (Whole)

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Oklahoma Unified WIC Approved Food List



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
<https://www.oklahoma.gov/health/breastfeeding>

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.