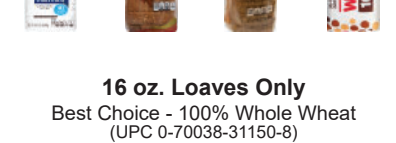


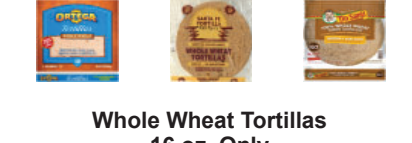


Cold and Hot Cereals
Allowed in 11.8 oz. to 36 oz.
Size Only
No Substitutions!



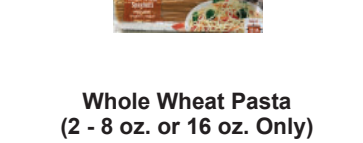
16 oz. Loaves Only

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



16 oz. Only

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



(2 - 8 oz. or 16 oz. Only)

Spaghetti

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

Penne Rigate and Spaghetti

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

Elbows, Linguine, Penne, Rotini,

Spaghetti and Thin Spaghetti

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

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

Linguine, Penne Rigate, Rotini, Spaghetti
and Thin Spaghetti

Penne, Rotini and Spaghetti



Allowed
Fresh & Frozen Vegetables
Any Variety Whole or Cut

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:

**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,

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



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

75 - 15 oz. Can, Any Sauce
Not Allowed: Organic

Chub Mackerel - **Any Brand**
15 oz. Can Only, Oil or Water

(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 <small>(size as specified on food benefit)</small>	
	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
 	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 Food Club Apple, Grape, Orange, Pineapple, Tomato and White Grape Great Value Apple, Cranberry, Cranberry Grape, Grape, Pineapple, Tomato, Vegetable, White Grape and White Grape Peach
Infant Formula - <i>(Iron Fortified)</i> 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, 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

  		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 Not Allowed: Individually wrapped slices, deli, string or processed cheese food		
 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 (White & Brown) Not Allowed: Cage free 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 - (Lowfat & Nonfat) Vanilla - (Lowfat) Dannon - Light & Fit Strawberry & Vanilla - (Nonfat) Food Club Plain & 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 & Rasperry, 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
<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.