



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

Whole Grain Options



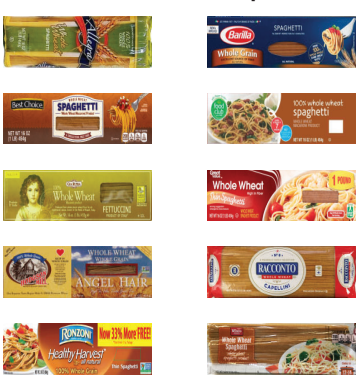
- 16 oz. Loaves Only**
Best Choice - 100% Whole Wheat (UPC 0-70038-31150-8)
Best Yet - 100% Whole Wheat (UPC 0-42187-20348-5)
Bunny - 100% Whole Wheat (UPC 0-24126-00822-1)
Lewis -
Healthy Life 100% Whole Wheat (UPC 0-24126-00893-1)
Mrs. Baird's - 100% Whole Wheat (UPC 0-70870-00061-5)
Mrs. Baird's - 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)
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 dyes
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
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 <small>(size as specified on food benefit)</small>	
	Orange Juice - 12 oz. Frozen Any Brand
	Apple Juice - 12 oz. Frozen Always Save, Best Choice, Best Yet, Food Club, Great Value, Market Pantry, Old Orchard, Tipton Grove, and WinCo Foods
	Old Orchard - 12oz 100% 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
	Dole - 12oz 100% 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, 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 Plus, 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 Grape Plus, Cranberry Plus, Cranberry Raspberry Plus, Grape, Grape Plus, Harvest Apple Plus, Orange, Orange Blend, Pineapple, Pineapple Orange, Red Grape, Ruby Red Grapefruit 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	
	Any Brand Stage 2 or 2nd Foods 4 oz., or 8 oz. (2 - 4 oz. pks) Not Allowed: Added DHA & ARA, smoothies/desserts, dinners or grain blends 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 Any Brand Stage 2 or 2nd Foods 2.5 oz. Not Allowed: Added DHA & ARA or dinners
	Infant Cereal Any Brand Barley, Mixed, Oatmeal, Rice and Whole Wheat 8 or 16 oz. Containers Not Allowed: Added DHA & ARA, fruit or yogurt

	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 Fat Free Dry Milk
	UHT White Cow's Milk Any Brand Quart any and all %s as specified
	Soymilk - 1/2 Gallon or Quart Only 8th Continent Soymilk (Original Only), Silk Soymilk (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 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 - 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. 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)
	Dannon - Creamy Classic Peach Mango, Strawberry, Strawberry Banana & Vanilla - (Lowfat)
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, Plain, Strawberry & Vanilla - (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)
	Best Yet - Greek Plain & Vanilla - (Nonfat)
	Chobani - Greek Plain - (Lowfat) Peach, Plain, Strawberry & Vanilla - (Nonfat)
	Chobani - Greek Zero Sugar 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 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.