Cold Cereals Allowed
12 oz. to 36 oz. size only

Hot Cereals Allowed
11.8 oz. to 36 oz. size only

No Substitutions!

12 oz. Frozen
Any Brand
1/2 Gallon - 64 oz. Refrigerated

12 and 46-48 oz. Juices for Women Only

64 oz. Juices for Children Only
(size as specified on food instrument)

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, White Grape, Orange, Pineapple, Pineapple Orange and Pineapple Orange Banana

12 oz. 100% Dole Frozen

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

Grape, White Grape, White Grape Cranberry, White Grape Peach, White Grape Pear and White Grape Raspberry

64 oz. 100% Juice Bottles - Unsweetened

Vitamin C Juice Requirements

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

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

Tomato and Vegetable Allowed in 46-48 oz. & 64 oz.

Diane's Garden Vegetable

Juicy Juice All Flavors

Tipton Grove Apple and Grape

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, Cranberry Raspberry, Grape, White Grape, White Grape Peach, Tomato and Vegetable

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, Grape, White Grape, Tomato and Vegetable

Old Orchard
Acai Pomegranate, Apple, Apple Cranberry, Berry Blend, Blueberry Pomegranate, Cherry Pomegranate, Cranberry Pomegranate, Grape, Kiwi Strawberry, Orange, Peach Mango, Red Raspberry, White Grape and Wild Cherry

Parade
Apple, Grape, Orange, Orange Mango, Orange Pineapple, Pineapple, Pink Grapefruit, Tomato and Vegetable

Shur Fine
Apple, Cranberry, Cranberry Apple, Cranberry Raspberry, Grape, Juice A Lot (Berry, Cherry, Grape and Punch) White Grape, Orange, Pineapple, Pink Grapefruit, White Grapefruit, Tomato and Vegetable

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)

Cobblestone Mill - 100% Whole Wheat
(UPC 0-72250-04171-3)

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 - Stone Ground 100% Whole Wheat
(UPC 0-14100-07101-3)

Pepperidge Farm - Very Thin Sliced 100% Whole Wheat
(UPC 0-14100-07132-7)

Roman Meal - Sungrain 100% Whole Wheat
(UPC 0-77633-70030-0)

Sara Lee - Classic 100% Whole Wheat
(UPC 0-72945-61103-0)

Sara Lee - Soft & Smooth 100% Whole Wheat w/Real Honey
(UPC 0-72945-61175-7)

Wonder - Soft 100% Whole Wheat
(UPC 0-45000-12100-3)

Additional Whole Grain Options

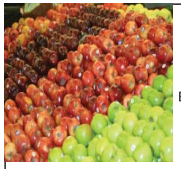
Oatmeal - **Any Brand**
16 oz. or Less
No Individual Packets

Brown Rice - **Any Brand**
16 oz. or Less

Bulgur - **Any Brand**
16 oz. or Less

Whole Wheat Tortillas - **Any Brand**
16 oz. or Less

Soft Corn Tortillas - **Any Brand**
16 oz. or Less
(must have whole grain as primary ingredient by weight)



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
Sweet Potatoes or Yams
Organic Vegetables

Fruit & Vegetables
Not Allowed:
Potatoes (orange yams and sweet potatoes are 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

Frequently Asked Questions

Q: Can a WIC Participant purchase cut fresh fruit or vegetable bowls or trays?

A: Yes, all fresh fruit and vegetable bowls or trays are approved as long as they do not include any dips, dressings, etc...

Q: Can a WIC Participant purchase bagged salads or slaw mix?

A: Yes, all bagged salads and slaw mixes are approved as long as they do not include any cheese, croutons, dressings, etc...

Q: Can a WIC Participant purchase packages of mixed fresh or frozen fruits or vegetables?

A: Yes, examples would be a bag of fresh oranges & apples or broccoli & cauliflower and a bag of frozen mixed berries or mixed vegetables without potatoes.

Fresh Fruit and Vegetable Pricing Guide

This pricing chart can help you figure out the cost of an item priced by the pound. When choosing fresh fruits and vegetables, follow these steps:

1. **Place your items on the grocery scale.**
2. **Round the weight up to the nearest pound or half pound.**
3. **Estimate the cost of your item based on the chart below.**
4. **There may be a difference in weight between the scales in the produce section and the register. The register scale will determine the actual weight and cost of the fruits and vegetables.**

Remember you are allowed to pay the difference for anything over the amount on your Cash Value Benefit (CVB) for your fruits and vegetables.
Not Allowed on Cherokee Nation eWIC.

Price per lb.	1 lb.	1½ lbs.	2 lbs.	2½ lbs.	3 lbs.	3½ lbs.	4 lbs.
.49	.49	.74	.98	1.23	1.47	1.72	1.96
.59	.59	.89	1.18	1.48	1.77	2.07	2.36
.69	.69	1.04	1.38	1.73	2.07	2.42	2.76
.79	.79	1.19	1.58	1.98	2.37	2.77	3.16
.89	.89	1.34	1.78	2.23	2.67	3.12	3.56
.99	.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96

Infant Fruits & Vegetables
Beech Nut
Stage 2 and Stage 2 1/2, 4oz.
or
Gerber
Stage 2, 4 oz. and
Stage 2, 7 oz. (2 - 3.5 oz. pks)
Not Allowed:
Added DHA & ARA, smoothies/desserts, dinners, grain blends or organic

Infant Fruit, Vegetable or Meat 2 packs will count as 2 items toward the quantity purchased (i.e. a 2 pack = 2 containers).

Infant foods are calculated by ounces instead of by items on WIC EBT.

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

For Fully Breastfeeding Infants

Infant Cereal
(Beech Nut or Gerber)
Barley, Mixed, Oatmeal,
Rice and Whole Wheat
8 or 16 oz. Boxes

Not Allowed:
Added DHA & ARA, fruit or yogurt, organic

Infant Formula - *(Iron Fortified)*

Redeem as Specified on the Food Instrument (FI).

Real Cheese

Least Cost Brand (8 or 16 oz. Size)
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 or processed cheese food

Eggs - Least Cost Brand
Dozen Large Grade A or AA
(Medium allowed if Large is not available)
Not Allowed: Brown or low-cholesterol eggs

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

Legumes (Beans or Peas)

Any Brand
1 lb. Size
Dry, Unflavored
Not Allowed: Organic or soup mixes

Any Brand
16 oz. Size or Less
Canned Beans and Blackeyed Peas
Not Allowed: Added meats, sugars, fats, or oils; green beans; organic

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.

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

For Fully Breastfeeding Mothers

This institution is an equal opportunity provider.

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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!

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 programs.

Acidophilus,
Buttermilk,
8th Continent Soymilk (Original or Vanilla)
(size as specified on food instrument)

Least Cost Brand
any and all %s
Evaporated Milk

Fat Free
Dry Milk

Least Cost Brand
Lactose Free Milk

Quart or
1/2 Gallon
any and all %s
as specified

Tofu

Tofu - Any Brand (16 oz. or Less)
(any firmness level)

Prepared only with calcium salts
(e.g. Calcium Sulfate, Calcium Citrate, Calcium Chloride or Tricalcium Phosphate)
Not Allowed:
Organic or added fats, oils, sodium or sugar

ODH P 449C Effective: October, 2012