Breastfeeding is a very special gift for your baby.

Infant Fruits & Vegetables

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 toward the quantity purchased (i.e. a 2 pack = 2 containers).

Questions about breastfeeding? WIC can help you! Oklahoma Breastfeeding Hotline 1-877-271-MILK (6455) 24 hours a day, 7 days a week.

For Free Help To Quit Tobacco Call 1-800-QUITNOW Today!

For Fully Breastfeeding Mothers

This location is an equal opportunity provider.

Oklahoma Unified WIC Approved Food Card

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://wic.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.

Nursing mothers shall be exempt from jury duty upon their request.

Mothers in Oklahoma have the right to nurse their baby anywhere they have the right to be.

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

Q: Can a WIC Participant purchase packages of mixed fruit or fresh fruits or vegetables?
A: Yes, examples would be a bag of fresh oranges & apples or broccoli & cauliflower.

Q: Can a WIC Participant purchase cut fresh or frozen fruits or vegetables?
A: Yes, examples would be a bag of fresh oranges & apples or broccoli & cauliflower.

Fruit & Vegetables Not Allowed

Potatoes (orange yams and sweet potatoes are allowed).

Breaded vegetables; Creole or sauced vegetables; Canned fruits or vegetables; Fruit/vegetable mixes; spices (i.e. paprika, etc.);

Herbs or Spices: Anise, Basil, Bay Leaves, Caraway, Chili, Chives, Cilantro, Dill, Fennel, Hibiscus, Lemon Grass, Marjoram, Mint, Oregano, Parsley, Rosemary, Sage, Savory, Tarragon, Thyme and Tarragon, Edible blossoms, and flowers: e.g. squash blossoms (broccoli, cauliflower, and others allowed); Ornamental & decorative fruits and vegetables: e.g. chile peppers on a string, garlic on a string, gourds, and painted pumpkins.

Vegetables, including Salads (Beech Nut or Gerber). Bagged or Prepackaged

Infant Cereal

Any Variety Whole or Cut

Infant Meats

Any Variety Whole or Cut

Least Cost Brand (8 or 16 oz. Size)

Sardines - Any Brand (15 oz. can, Any Sauce)

Legumes (Beans or Peas)

Any Brand

16 oz. Size or Less

Canned Beans (such as pinto, black, kidney, white, or black-eyed beans, organic)

Infant Formula 1-2 lb. Size

Not Allowed

Added DHA & ARA:

Frequently Asked Questions

Q: Can a WIC Participant purchase bagged fresh or mixed vegetables?
A: Yes, examples would be a bag of fresh oranges & apples or broccoli & cauliflower.

Fruit & Vegetables Not Allowed

Any Variety Whole or Cut

Breaded vegetables; Creamed or sauced vegetables; Canned fruits or vegetables; Fruit/vegetable mixes; spices (i.e. paprika, etc.); Herbs or Spices: Anise, Basil, Bay Leaves, Caraway, Chili, Chives, Cilantro, Dill, Fennel, Hibiscus, Lemon Grass, Marjoram, Mint, Oregano, Parsley, Rosemary, Sage, Savory, Tarragon, Thyme and Tarragon, Edible blossoms, and flowers: e.g. squash blossoms (broccoli, cauliflower, and others allowed); Ornamental & decorative fruits and vegetables: e.g. chile peppers on a string, garlic on a string, gourds, and painted pumpkins.

Bagged or Prepackaged

Infant Cereal

Any Variety Whole or Cut

Infant Meats

Any Variety Whole or Cut

Least Cost Brand (8 or 16 oz. Size)

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Legumes (Beans or Peas)

Any Brand

16 oz. Size or Less

Canned Beans (such as pinto, black, kidney, white, or black-eyed beans, organic)