



Cold and Hot Cereals
 Allowed in 12 oz. to 36 oz. Size Only
 No Substitutions!



12 oz. Frozen Any Brand
12 Frozen and 46-48 oz. Bottled Juices for Women Only
64 oz. Bottled 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.



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)

Mrs. Baird's - 100% Whole Wheat
 (UPC 0-72870-00061-5)

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)

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)

Additional Whole Grain Options
 (must have whole grain as primary ingredient by weight)

 **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

 **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

Tofu



**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.	1 1/2 lbs.	2 lbs.	2 1/2 lbs.	3 lbs.	3 1/2 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)

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

Real Cheese

Eggs - Least Cost Brand
Dozen Medium or Large
Grade A or AA

Not Allowed: Brown or low-cholesterol eggs

Peanut Butter - Any Brand
16.3 - 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

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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
(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

Soymilk
1/2 Gallon Only

8th Continent Soymilk (Original or Vanilla)
or
Silk Soymilk (Original Only)