



Cold Cereals Allowed  
12 oz. to 36 oz. size only  
Hot Cereals Allowed  
11.8 oz. to 36 oz. size only  
No Substitutions!



**Grapefruit Juice**  
Any Brand  
12 oz. Frozen  
Any Brand  
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% Pure 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  
Minimum of 120% Vitamin C Fortified (Non 100% Citrus Juices)  
Minimum of 100% Vitamin C Fortified (100% Citrus Juices)  
Tomato and Vegetable Allowed in 46-48 oz. & 64 oz.

Welch's Purple, Red and White Grape  
Diane's Garden Vegetable  
  
Ocean Spray Pink, Ruby Red and White Grapefruit  
Campbell's Tomato and Low Sodium  
V8 Vegetable and Low Sodium

**Juicy Juice**  
All Flavors  
**Tipton Grove**  
Apple and Grape  
**Mott's**  
Apple

Market Pantry  
Apple, Grape, White Grape, Tomato and Vegetable  
Tree Top  
Apple, Apple Berry, Apple Fruit Punch, Apple Grape and Pineapple Orange

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, Red Grape, Ruby Red Grapefruit, Tomato, Vegetable and Low Sodium Vegetable and White Grape

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 0-72250-04171-3)

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)

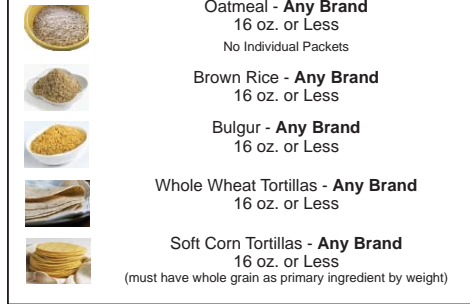
Roman Meal - Sungrain 100% Whole Wheat (UPC 0-77633-70030-0)

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.	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 (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:** 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 - 6 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 Soy milk (Original or Vanilla)  
 (size as specified on food instrument)

Least Cost Brand  
 any and all %s  
 Evaporated Milk

Lactaid  
 Lactaid  
 Lactaid  
 Lactaid

Fat Free  
 Dry Milk

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

**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 sugars