



**State of Oklahoma  
Oklahoma State Department of Health**

**Amendment of Solicitation**

**Date of Issuance:** 07/23/14  
**Requisition No.** 3400016823

**Solicitation No.** 340001032  
**Amendment No.** 1

Hour and date specified for receipt of offers is changed:  No  Yes, to: 08/14/14 3 00 CST

Pursuant to OAC 580:15-4-5(c)(5), this document shall serve as official notice of amendment to the Solicitation identified above. Such notice is being provided to all suppliers to which the original solicitation was sent. Suppliers submitting bids or quotations shall acknowledge receipt of this solicitation amendment prior to the hour and date specified in the solicitation as follows:

- (1) Sign and return a copy of this amendment with the solicitation response being submitted; or,
- (2) If the supplier has already submitted a response, this acknowledgement must be signed and returned prior to the solicitation deadline. All amendment acknowledgements submitted separately shall have the solicitation number and bid opening date printed clearly on the front of the envelope.

**ISSUED BY and RETURN TO:**

**U.S. Postal Delivery:**

Oklahoma State Department of Health  
ATTN: Room 309  
1000 NE 10<sup>th</sup> Street  
Oklahoma City, OK 73117 - 1299  
or

Ruby Sherwan  
Contracting Officer  
(405) - 271 - 4043  
Phone Number

**Personal or Common Carrier Delivery:**

Oklahoma State Department of Health  
ATTN: Room 309  
1000 NE 10th Street  
Oklahoma City, OK 73117 - 1299

Rubys@health.ok.gov  
E-Mail Address

**Description of Amendment:**

a. This is to incorporate the following:

Q1. Under the UOM it says JA, what is JA?  
A1 JA = Job

Q2. Is it possible to get samples? Yes, however, you would have to pick them up. Contact me for available time (405-271-4043 or e-mail)

Q3. Can you send me artwork please so we can get a better idea of what this is?  
A3. Copy of Card is attached.

b. All other terms and conditions remain unchanged.

\_\_\_\_\_  
Supplier Company Name (**PRINT**) Date

\_\_\_\_\_  
Authorized Representative Name (**PRINT**) Title Authorized Representative Signature

## 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.

Item	1 lb	1/2 lb	1/4 lb	1/8 lb	1/16 lb	1/32 lb	1/64 lb
Apple	.49	.74	.98	1.23	1.47	1.72	1.96
Banana	.59	.89	1.18	1.48	1.77	2.07	2.36
Blueberry	.69	1.04	1.38	1.73	2.07	2.42	2.76
Cherry	.78	1.19	1.58	1.99	2.37	2.77	3.16
Cranberry	.89	1.34	1.74	2.13	2.67	3.12	3.56
Dragonfruit	.99	1.49	1.98	2.48	2.97	3.47	3.96
Eggplant	1.00	1.54	2.18	2.73	3.27	3.82	4.38
Guava	1.19	1.79	2.38	2.98	3.57	4.17	4.76
Jackfruit	1.29	1.94	2.58	3.23	3.87	4.52	5.16
Kiwi	1.39	2.09	2.78	3.48	4.17	4.87	5.56
Lemon	1.49	2.24	2.99	3.73	4.47	5.22	5.96
Lime	1.59	2.39	3.18	3.98	4.77	5.57	6.36
Mango	1.69	2.54	3.38	4.23	5.07	5.82	6.76
Orange	1.78	2.69	3.58	4.48	5.37	6.27	7.16
Pineapple	1.88	2.84	3.78	4.73	5.67	6.62	7.56
Pineapple (small)	1.89	2.89	3.88	4.88	5.87	6.87	7.86
Pumpkin	2.09	3.14	4.18	5.23	6.27	7.32	8.36
Watermelon	2.19	3.29	4.38	5.48	6.57	7.67	8.76
Watermelon (small)	2.29	3.44	4.58	5.73	6.87	8.02	9.16
Watermelon (large)	2.39	3.59	4.78	5.98	7.17	8.37	9.56
Watermelon (jumbo)	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, unsweetened blends,  
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 eWIC

**Infant Meals**  
(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. Containers  
Not Allowed:  
Added DHA & ARA, fruit or yogurt, organic

**Infant Formula - (Iron Fortified)**  
Redeem as Specified on the Food Benefit

**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**

<p><b>Eggs - Least Cost Brand</b> Dozen Medium or Large Grade A or AA Not Allowed: Brown or four-chick/total eggs</p>	<p><b>Peanut Butter - Any Brand</b> 16.3 - 18 oz. Size Only Not Allowed: Omega-3, Organic, added honey, jelly or marshmallow</p>
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**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 Black-eyed Peas  
Not Allowed: Added meat, sugar,  
fat, or oil; 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.
- 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.

**For Fully Breastfeeding Mothers**

**Tuna - Any Brand**  
6 oz. Can Only, Oil or Water  
Not Allowed: Albacore, Honey 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

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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)

<p><b>Least Cost Brand</b> any and all %s Evaporated Milk</p>	<p><b>Least Cost Brand</b> Lactose Free Milk Quart or 1/2 Gallon any and all %s as specified</p>
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**Fat Free Dry Milk**

**Soy Milk**  
1/2 Gallon Only  
8th Continent Soy Milk (Original or Vanilla)  
or  
Silk Soy Milk (Original Only)

ODH P 448C Effective: October, 2013

### Whole Grain Options

15 oz. Loaves Only  
Best Choice (UPC 0-70033-311024)

Blends - 100% Whole Wheat (UPC 0-74323-0020-1)

Mrs. Baird's - 100% Whole Wheat (UPC 0-70070-0001-5)

Mrs. Baird's - Sugar Free Whole Grain Wheat (UPC 0-70070-0007-7)

Nature's Own - 100% Whole Grain Sugar Free (UPC 0-72006-0001-7)

Nature's Own - 100% Whole Wheat w/Real Honey (UPC 0-72006-0001-8)

Ozark Mill - 100% Whole Wheat (UPC 0-7353-1119-0)

Remain Meal - Sungrain 100% Whole Wheat (UPC 0-75833-7003-0)

Sara Lee - Classic 100% Whole Wheat (UPC 0-75833-7003-0)

Sara Lee - Soft & Smooth 100% Whole Wheat w/Real Honey (UPC 0-72945-8175-7)

### Additional Whole Grain Options

(Must have whole grain as primary ingredient by weight)

Charmel - Any Brand  
16 oz. or Less  
No individual flours

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

Total - Any Brand (16 oz. or Less)  
(any firmness level)  
Prepared only with calcium salts  
(Calcium Chloride or Trisodium Phosphate)  
Not allowed:  
Cottage or added fish, oil, sodium or sugar

### Best Choice

Apple, Blends (Berry, Cherry, Grape and Peach), Grape, Pineapple, Pink Grapefruit, Tomato, Vegetable, White Grape and White Grapefruit

### Great Value

Apple, Cranberry, Grape, Strawberry, White Grape Peach, Tomato and Vegetable

### Lantern

Apple, Apple Berry, Cherry, Apple Cranberry, Apple Grape, Apple Kiwi Strawberry, Apple Orange Pineapple, Apple Peach Mango, Cranberry Berry Plus, Cranberry Grape Plus, Cranberry Peach, Cranberry Raspberry Plus, Blueberry Plus, Cranberry Peach Plus, Disney (Apple Cran Grape, Berry, Grape, Peach), Grape, Grape Plus, Harvest Apple Plus, Orange, Pineapple, Pineapple Orange, Pear Grape, Ruby Red Grapefruit, Tomato, Vegetable and White Grape

### Market Pantry

Apple, Cranberry, Grape, Tomato and Vegetable

### Old Orchard

Apple, Apple Berry, 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

### Star Line

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

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

12 oz. Bottled Juices for Children Only (due to specific or food ingredients)

### 12 oz. 100% Old Orchard Frozen

Apple, Apple Cherry, Apple Cranberry, Apple Kiwi Strawberry, Apple Peach Mango, Apple Raspberry, Berry Blend, Blueberry, Pomegranate, Cherry, Pomegranate, Cranberry, Cranberry Pomegranate, Cranberry Raspberry, Grape, White Grape, Orange, Pineapple, Pineapple Orange and Pineapple Orange Berries

### 12 oz. 100% Dole Frozen

Orange Peach, Pineapple Orange, Strawberry Berries, Pineapple, Pineapple Orange, Pineapple Orange Berries and Pineapple Orange Strawberry

### 11.5 oz. 100% Welch's Frozen

Witchy Tangleberry Tree Strawberries 100% Juice  
Grape, White Grape, White Grape Cranberry, White Grape Peach, White Grape Pear and White Grape Raspberry

### 64 oz. 100% Juice Bottles - Unswartened Vitamin C Juice Requirements

Non 100% Citrus Juices - Minimum of 125% Vitamin C Fortified  
100% Citrus Juices - Minimum of 100% Vitamin C Fortified  
Tomato and Vegetable Allowed in 46-48 oz. & 64 oz.

July Juice All Flavors  
Tipton Grove Apple and Grape  
Dane's Garden Vegetable

### Cold and Hot Cereals

Allowed in 12 oz. to 36 oz. Size Only

No Substitutions!