

OSAGE NATION WIC PROGRAM FOOD LIST EFFECTIVE SEPTEMBER 4, 2007

MILK ó **Gallon size only** any **LOWER COST** brand, Vitamin A & D fortified cow's milk, whole, reduced fat, low fat, no fat. Powdered, evaporated, ½ gallon buttermilk, acidophilus, Lactaid, Dairy Ease **can be ½ gallon or quart.**

CHEESE ó *Real cheese: American, Cheddar, Colby, Colby-Jack, Longhorn, Mozzarella, and Monterey Jack.* Package size one pound. Whole, sliced, or blocked. Sliced cheese is allowed **if it is not** individually wrapped. **One pound package or 2 (8oz) packages they do not have to be the same flavor**

Limit two boxes not to exceed 36 oz

CEREAL ó **General Mills:** Dora the Explorer (10.9oz), Cheerios (plain) (14,18oz), Kix (plain) (12,18oz), Wheaties (plain) (10.9,15.6oz), Country Corn Flakes (plain) (12oz), Total (16oz), Corn Chex (14oz), Rice Chex (12.8oz), Wheat Chex (14oz), Multi Bran Chex (14oz), Multi Grain Cheerios (12.8oz), Cinnamon Toast Crunch 75% less sugar (12.5oz), **Kellogg's:** Rice Krispies (18oz), Special K (12,18oz), Corn Flakes Plain (18,24oz), Complete Wheat Bran Flakes (17.3oz), Frosted Mini Wheats-Bite Size (18,24oz), Frosted Mini Wheat Big Bite (16,20.4oz), Crispix (12oz); **Post:** Bran Flakes (16oz), Grape Nuts (16,24oz), Grape Nuts-Flakes (18oz), Banana Nut Crunch (15.5oz), Honey Bunches of Oats w/h-Roasted (16, 21oz), Honey Bunches of Oats w/almonds (16, 21oz); **Always Save:** Crispy Rice (32oz), Toasted Oats (32oz), Wheat Flakes (32oz) **Best Choice:** Rice Crisps (15.6oz), Wheat Crisps (16oz), Corn Crisps (16oz), Happy O's (15oz), Oatmeal Instant (Regular) (12count), Bran Flakes (17.3oz), Frosted Shredded Wheat (19oz), Crispy Corn + Rice (12oz), Nutty Nuggets (24oz); **Nabisco:** Cream of Wheat (2 ½ minutes regular) (14,28oz), Cream of Wheat Instant (28oz); **Malt-O-Meal:** Malt-O-Meal regular, (28,36oz), Malt-O-Meal chocolate (28oz), Crispy Rice (18,36oz); **Quaker:** Instant Oatmeal (Regular) (12 count), Life (15,21oz), Oat Squares (16oz), Toasted Oats (16oz); **Shurfine:** Oatmeal instant regular (12oz), Corn Squared (16oz), Corn Flakes (18,24oz), Oats & More with Almonds (16oz), Crisp Rice (13.5oz), Toasted Oats (15oz), Rice Squares (18oz), Wheat Bran Flakes (17.3oz), Frosted Shredded Wheat (Bite size) (19oz); **Rollins Oats:** Toasted Oats (16,18oz); **Nature's Crunch** Bran Flakes (17.3oz); **MorningGeme:** Corn Flakes (18oz), Crispy Rice (13oz)

JUICE ó **Frozen 12oz. Concentrate:** All brands with 100% Vitamin C of Apple Juice, Orange Juice, Grapefruit Juice, Pineapple Juice, White Grape Juice, Grape Juice. **Dole brands** of Pineapple/Orange, Pineapple/Orange/Cherry, Pineapple/Orange/Banana, Pineapple/Orange/Strawberry, Mandarin Tangerine, Orchard Peach, Orange/Strawberry/Banana, Orange/Peach/Mango, **Frozen 11.5 oz. Concentrate Welch's:** Grape, White Grape, White Grape Pear, White Grape Peach, White Grape Cranberry, White Grape Raspberry; **Libby's Harvest Surprise:** Grape, Orange Mango, Tropical. **Libby's Juicy Juice** Pourable concentrate. Single Strength 46oz. container: All flavours of Juicy Juice, V-8 Juice, and Tomato Juice; **Welch's 100% Juice Pourable Concentrate:** Grape, Apple, White Grape, Cherry Sensation, Fruit Fantastic, Strawberry-Raspberry.

PEANUT BUTTER ó Any brand, 18oz jar, Creamy, Crunchy, and Extra Crunchy, **without honey, jelly or candy pieces, no reduced fat or peanut spreads.**

EGGS ó All brands **lower cost Large**, Grade A, white (dozen). **NO small, jumbo, extra large, brown eggs or Egg land best**

TUNA ó All brands, white, light, dark or blended, flake or grated, dolphin safe (**no albacore, hickory smoked, light or less salt not in tuna packages**).

CARROTS ó All brand, fresh, including baby or frozen, any cut 2 pounds, or canned in water 16-20 oz.

BEANS ó All types of dried beans or peas, 1-pound package size only. **No seasoned or bulk**

INFANT CEREAL ó **All brands dry only**, Rice, Barley, Oatmeal or mixed 8oz package. **NO fruit added**

INFANT JUICE ó All brands of **100% juice, 100% U.S.R.D.A. of Vitamin C (30 mg per 100 ml)**, any flavor, 32oz. bottle.

INFANT FORMULA ó Any brand, 31-13 oz. cans of concentrate, 8 14.3 oz cans of powdered, 9-14 oz. can of powdered, 10-12 z. cans of powdered. **Only get the brand of formula specified on voucher. No Rain checks!**