



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  
(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 & 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, Blend's (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)
  - Binmo - 100% Whole Wheat (UPC 0-74323-09230-1)
  - 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 out 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.**

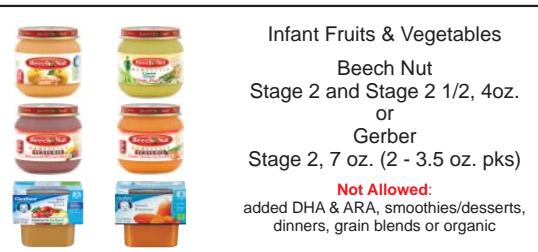
**Fresh Fruits and Vegetables  
Pricing Guide**

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 that you are allowed to pay the difference for anything over the amount printed 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, 7 oz. (2 - 3.5 oz. pks)

**Not Allowed:**  
added DHA & ARA, smoothies/desserts,  
dinners, grain blends or organic

**Each Infant Fruit, Vegetable or Meat 2 pack will count as 2 items toward the quantity purchased (i.e. a 2 pack = 2 containers).**



Infant Meats  
(Beech Nut or Gerber)  
2.5 oz.

**Not Allowed:**  
added DHA & ARA, dinners or organic



Infant Cereal  
(Beech Nut or Gerber)  
Barley, Mixed, Oatmeal,  
Rice or 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).



Real Cheese

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 or 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 or 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**



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 Soymilk (Original or Vanilla)  
(size as specified on food instrument)



Least Cost Brand  
any and all %s  
Evaporated Milk

Fat Free  
Dry Milk



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



Tofu

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:** added fats, oils, sodium or sugars