

Whole Grain Options

16 oz. Loaves Only

- Best Choice - 100% Whole Wheat (UPC 0-70038-31150-8)
- Bimbo - 100% Whole Wheat (UPC 0-74323-09230-1)
- Essential Everyday - 100% Whole Wheat (UPC 0-41303-02780-6)
- 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)
- Roman Meal - Sungrain 100% Whole Wheat (UPC 0-77633-70030-0)
- Sara Lee - Soft & Smooth 100% Whole Grain (UPC 0-72945-61103-0)
- WinCo Foods - 100% Whole Wheat (UPC 0-70552-00147-3)
- Wonder - 100% Whole Wheat (UPC 0-72250-01136-5)

Whole Wheat Pasta (2 - 8 oz. or 16 oz. Only)

- Allegra** Spaghetti
- Barilla**
Angel Hair, Elbows, Linguine, Medium Shells, Penne, Rotini, Spaghetti and Thin Spaghetti
- Gia Russa**
Angel Hair, Gnocchi, Lasagna, Linguine, Medium Shells, Penne Rigate, Roman Rigatoni, Rotini, Spaghetti and Thin Spaghetti
- Hodgson Mill**
Angel Hair, Elbows, Lasagna, Spaghetti, Spinach Spaghetti, Spirals and Thin Spaghetti
- Raconto**
Capellini, Elbows, Farfalle, Linguine, Penne Rigate, Rigatoni, Rotini and Spaghetti
- Ronzoni Healthy Harvest**
Linguine, Penne Rigate, Rotini, Spaghetti and Thin Spaghetti

Whole Grain Options

Whole Wheat Tortillas 16 oz. Only

- Best Choice - 100% Whole Wheat (UPC 0-70038-62236-9)
- Don Pancho - Whole Wheat Taco Size (UPC 0-79341-02628-4)
- Guerrero - Whole Wheat Taco Size (UPC 0-48564-07107-4)
- La Banderita - Whole Wheat Fajita Size (UPC 0-27331-00048-6)
- Mama Lupe's - 100% Whole Wheat Taco Size (UPC 0-36035-10080-4)
- Mission - Whole Wheat Taco Size (UPC 0-73731-07107-6)
- Native Tortilla - 100% Whole Wheat (UPC 0-89949-00060-9)
- Ortega - Whole Wheat (UPC 0-41501-00922-2)
- Santa Fe Tortilla Company - Whole Wheat (UPC 0-81896-19899-6)
- Tia Rosa - 100% Whole Wheat Taco Size (UPC 7-03965-06800-8)
- Tio Santi - 100% Whole Wheat Taco Size (UPC 0-51933-34414-3)

Additional Whole Grain Options

(must have whole grain as primary ingredient by weight)
Not Allowed: Organic

- Oatmeal - Any Brand**
16 oz. Only
No Individual Packets
- Brown Rice - Any Brand**
14 - 16 oz. Only
- Bulgur - Any Brand**
16 oz. Only
- Soft Corn Tortillas - Any Brand**
16 oz. Only

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 WIC programs.

Acidophilus, Buttermilk
(size as specified on food benefit)

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

Soymilk
1/2 Gallon Only
8th Continent Soymilk (Original or Vanilla)
or
Silk Soymilk (Original Only)

Real Cheese
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

Tofu 16 oz. Only
Azumaya Tofu
Firm , Extra Firm and Silken
House Foods Tofu
Firm , Medium Firm and Extra Firm
Nasoya Tofu
Silken

Eggs
Eggs - Least Cost Brand
Dozen Medium or Large
Grade A or AA
Not Allowed: Brown or low-cholesterol eggs

Legumes (Beans or Peas)
Any Brand
1 lb. Size
Dry, Unflavored
Not Allowed: Organic or
soup mixes

	Any Brand 15 - 16 oz. Size Canned Beans and Blackeyed Peas Not Allowed: Added meats, sugars, fats, or oils, green beans, organic, refried beans (except fat free refried beans)

Peanut Butter - Any Brand
16 - 18 oz. Size Only
Not Allowed: Omega-3, Organic,
added chocolate, honey, jelly or marshmallow

Lowfat & Fat Free Yogurt - 32 oz. (Quart)
All brands are not available on all WIC programs.

Best Choice
Vanilla - (Lowfat) & Plain - (Nonfat)

Brown Cow
Plain & Vanilla - (Nonfat)

Coburn Farms
Plain & Vanilla - (Lowfat)

Dannon
Vanilla (Lowfat)
Strawberry & Strawberry Banana (Nonfat)

Dannon - All Natural
Plain (Lowfat & Nonfat)

Dannon - Light & Fit
Strawberry & Vanilla - (Nonfat)

Essential Everyday
Plain (Nonfat)
Blueberry, Peach, Plain, Raspberry,
Strawberry & Vanilla (Lowfat)

Great Value
Plain & Vanilla (Nonfat)
Peach, Strawberry, Strawberry Banana
& Vanilla (Lowfat)

LALA
Mango, Mixed Berry, Peach,
Pina Colada, Plain, Strawberry
& Strawberry Banana - (Lowfat)

Market Pantry
Plain & Vanilla - (Nonfat) & Vanilla - (Lowfat)

Mountain High
Honey (Lowfat),
Plain & Vanilla - (Lowfat & Fat Free)

Shurfine West
Plain (Lowfat & Nonfat) & Vanilla (Lowfat)

WinCo Foods
Plain (Nonfat),
Peach, Strawberry & Vanilla - (Lowfat)

Yoplait
Plain (Fat Free)
Harvest Peach, Strawberry,
Strawberry Banana & Vanilla - (Lowfat)

Whole Yogurt - 32 oz. (Quart)

Brown Cow
Maple, Plain & Vanilla - (Whole)

Dannon - All Natural
Plain, Strawberry & Vanilla (Whole)

Mountain High
Plain & Vanilla - (Whole)

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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!

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.

ODH P 449 Effective: October, 2017