





**11.5 - 12 oz. Frozen Juices for Women Only**  
**64 oz. Bottled Juices for Children Only**  
(size as specified on food benefit)

 12 oz. Frozen - Orange Juice  
**Any Brand**

 12 oz. Frozen - Apple Juice  
 Always Save, Best Choice, Best Yet, Essential Everyday, Great Value, Market Pantry, Old Orchard, Shur Fine, Tipton Grove, and WinCo Foods

12 oz. 100% **Old Orchard** Frozen Juice  
  
 Apple, Apple Cherry, Apple Cranberry, Apple Kiwi Strawberry, Apple Peach Mango, Apple Raspberry, Apple Strawberry Banana, Berry Blend, Black Cherry Cranberry, Blueberry Pomegranate, Cherry Pomegranate, Cranberry, Cranberry Pomegranate, Cranberry Raspberry, Grape, Orange, Pineapple, Pineapple Orange, Pineapple Orange Banana, Strawberry Rhubarb and White Grape


12 oz. 100% **Dole** Frozen Juice  
  
 Orange Peach Mango, Orange Strawberry Banana, Pineapple, Pineapple Orange, Pineapple Orange Banana and Pineapple Orange Strawberry


**Welch's Bright Yellow Top Signifies 100% Juice**  
 11.5 oz. 100% **Welch's** Frozen Juice  
  
 Grape, White Grape, White Grape Cranberry, White Grape Peach, White Grape Pear and White Grape Raspberry


**64 oz. 100% Juice Bottles - Unsweetened Juicy Juice**  
 All Flavors  
   
**Diene's Garden** Vegetable **Tipton Grove** Apple and Grape  
**Best Choice**  
 Apple, Blends (Berry, Cherry, Grape and Punch), Cranberry, Grape, Pineapple, Pink Grapefruit, Tomato, Vegetable, White Grape and White Grapefruit

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


**64 oz. 100% Juice Bottles - Unsweetened Best Yet**

Apple, Cranberry, Cranberry Grape, Grape, Grapefruit, Orange, Orange Mango, Orange Pineapple, Pineapple, Pineapple Mango, Tomato, Vegetable and White Grape  


**Essential Everyday**  
 Apple, Cranberry, Grape, Grape Blend, Orange, Pineapple, Punch, Tomato, Low Sodium Tomato, Vegetable, Low Sodium Vegetable, White Grape and White Grapefruit  



**Great Value**  
 Apple, Cranberry, Cranberry Grape, Grape, Pineapple, Tomato, Vegetable, White Grape and White Grape Peach  



**Harvest Classic**  
 Apple, Apple Orange Pineapple, Cranberry Apple, Cranberry, Cranberry Grape, Cranberry Raspberry, Grape, Orange, Pineapple, Vegetable and White Grape  



**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, Mango Tangerine, Orange, Pineapple, Pineapple Orange, Red Grape, Ruby Red Grapefruit, Tomato, Vegetable, Low Sodium Vegetable and White Grape  



**Market Pantry**  
 Apple, Berry, Grape, Tomato, Vegetable and White Grape  



**Old Orchard**  
 Acai Pomegranate, Apple, Apple Cranberry, Berry Blend, Black Cherry Cranberry, Blueberry Pomegranate, Cherry Pomegranate, Cranberry Pomegranate, Grape, Kiwi Strawberry, Orange, Orange Tangerine, Peach Mango, Red Raspberry, White Grape and Wild Cherry  


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


**WinCo Foods**  
 Apple, Grape, Low Sodium Vegetable, Vegetable, and White Grape  



**Least Cost Brand**  
 White Milk  
 Gallon, 1/2 Gallon, and Quart Sizes any and all %s as specified  



**Chocolate Milk**  
 Gallon Size Only  
 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**  


**Fat Free Dry Milk**  


**Least Cost Brand Lactose Free Milk**  
 1/2 Gallon any and all %s as specified  



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



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


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



**Canned Beans and Blackeyed Peas Any Brand**  
 15 - 16 oz. Size  
**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**  
 Strawberry & Vanilla - (Lowfat) & Plain - (Nonfat)  


**Best Yet**  
 Plain & Vanilla - (Lowfat & Nonfat)  



**Brown Cow**  
 Plain & Vanilla - (Nonfat)  



**Coburn Farms**  
 Plain & Vanilla - (Lowfat)  



**Dannon**  
 Strawberry, Strawberry Banana & 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)  



**Hiland**  
 Plain - (Nonfat)  
 Peach, Strawberry & Vanilla - (Lowfat)  



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



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


**Mountain High**  
 Plain & Vanilla - (Lowfat & Fat Free)  



**Shur Fine**  
 Plain - (Nonfat)  
 Plain & Vanilla - (Lowfat)  



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



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


**Yoplait Kid**  
 Berry & Strawberry, Cotton Candy & Wild Berry, Strawberry Banana & Berry, Strawberry & Blueberry, Strawberry & Cotton Candy, Strawberry Banana & Raspberry and Strawberry Banana & Strawberry - (Lowfat)  


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

**Best Choice - Greek**  
 Plain & Vanilla - (Nonfat)  



**Chobani - Greek**  
 Plain - (Lowfat)  
 Peach, Plain, Strawberry & Vanilla - (Nonfat)  



**Dannon - Light & Fit Greek**  
 Plain & Vanilla - (Nonfat)  



**Dannon - Oikos Greek**  
 Plain & Vanilla - (Nonfat)  



**Dannon - Oikos Triple Zero Greek**  
 Strawberry & Vanilla - (Nonfat)  


**Essential Everyday - Greek**  
 Strawberry & Vanilla - (Nonfat)  



**Great Value - Greek**  
 Plain & Vanilla - (Nonfat)  



**Nostimo - Greek**  
 Plain & Vanilla - (Nonfat)  



**Simply Balanced - Greek**  
 Plain & Vanilla - (Nonfat)  



**WinCo Foods - Greek**  
 Peach, Plain & Vanilla - (Nonfat)  



**Whole Fat Regular & Greek Yogurt - 32 oz. (Quart)**


**Brown Cow**  
 Maple, Plain & Vanilla - (Whole)  



**Chobani - Greek**  
 Plain - (Whole)  



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



**Dannon - Oikos Greek**  
 Plain - (Whole)  


**Great Value - Greek**  
 Plain - (Whole)  


**Essential Everyday - Greek**  
 Honey Salted Caramel & Plain - (Whole)  


**Mountain High**  
 Plain, Strawberry & Vanilla - (Whole)  


**Nostimo - Greek**  
 Plain & Vanilla - (Whole)  


**Simply Balanced - Greek**  
 Plain & Honey 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.