



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

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

**Apple Juice** - 12 oz. Frozen  
Always Save, Best Choice, Best Yet, Food Club, Great Value, Market Pantry, Old Orchard, Tipton Grove, and WinCo Foods

**Old Orchard** - 12oz  
100% 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

**Dole** - 12oz  
100% Frozen Juice

Orange Peach Mango, Orange Strawberry Banana, Pineapple, Pineapple Orange, Pineapple Orange Banana and Pineapple Orange Strawberry

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

**Juicy Juice**  
All Flavors

**Best Choice**  
Apple, Blends (Berry, Cherry, Grape and Punch), Cranberry, Grape, Pineapple, Pink Grapefruit, Tomato, Vegetable, White Grape and White Grapefruit

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

**Food Club**  
Apple, Grape, Orange, Pineapple, Tomato, Vegetable and White Grape

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

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

**Infant Cereal**  
Barley, Mixed, Oatmeal, Rice and Whole Wheat  
8 or 16 oz. Containers

**Not Allowed:** Added DHA & ARA, fruit or yogurt

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

**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 Cranberry Grape, Apple Grape, Apple Kiwi Strawberry, Apple Orange Pineapple, Apple Peach Mango, Cranberry Grape Plus, Cranberry Plus, Cranberry Raspberry Plus, Grape, Grape Plus, Harvest Apple Plus, Orange, Orange Blend, Pineapple, Pineapple Orange, Red Grape, Ruby Red Grapefruit 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, Strawberry Watermelon, White Grape and Wild Cherry

**Tipton Grove**  
Apple, Grape, Pineapple, Vegetable and White Grape

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

**Infant Fruits & Vegetables**  
Any Brand  
Stage 2 or 2nd Foods  
4 oz., or 8 oz. (2 - 4 oz. pks)

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

**2 packs will count as 2 items toward the quantity purchased (i.e. a 2 pack = 2 containers)**

**Infant foods are calculated by ounce instead of by item on eWIC**

**Infant Meats**  
Any Brand  
Stage 2 or 2nd Foods  
2.5 oz.

**Not Allowed:** Added DHA & ARA or dinners

**Infant Cereal**  
Any Brand  
Barley, Mixed, Oatmeal, Rice and Whole Wheat  
8 or 16 oz. Containers

**Not Allowed:** Added DHA & ARA, fruit or yogurt

**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.**

**Lactose Free Milk** - 1/2 Gallon Only  
any and all %s as specified

**Any Brand**  
Buttermilk - Quart  
(size as specified on food benefit)

**Least Cost Brand** any and all %s  
**Evaporated Milk**

**UHT White Cow's Milk**  
**Any Brand**  
Quart  
any and all %s as specified

**Soy milk** - 1/2 Gallon or Quart Only  
8th Continent Soymilk (Original Only),  
Silk Soymilk (Original Only) or Pacific UltraSoy (Original Only)

**Least Cost Brand (8, 16 or 32 oz.)**  
Pasteurized Processed American Slices,  
Block or Shredded Only of Cheddar, Colby, Colby Jack, Monterey Jack, Mozzarella, Muenster and Swiss

**Real Cheese**  
**Not Allowed:** Individually wrapped slices, deli, string or processed cheese food

**Tofu 16 oz. Only**  
Azumaya Tofu  
Firm, Extra Firm and Silken  
Franklin Farms Tofu  
Firm, Extra & Medium Firm and Silken  
House Foods Tofu  
Firm, Medium Firm and Extra Firm

**Eggs**  
Eggs - Least Cost Brand  
Dozen Medium or Large  
Grade A or AA (White & Brown)  
**Not Allowed:** 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 & Nonfat Yogurt - 16 oz. (4pk 4oz) 2 x 16 oz.**

**All brands are not available on all WIC programs.**

**Activia**  
Black Cherry, Blueberry, Mango, Mixed Berry, Peach, Prune, Strawberry, Strawberry Banana & Vanilla - (Lowfat)

**Activia - Lactose Free**  
Black Cherry, Peach, Strawberry & Vanilla - (Lowfat)

**Activia Fruit on the Bottom**  
Blueberry & Blackberry, Cherry & Vanilla, Peach & Mango, Pineapple & Coconut and Strawberry & Raspberry - (Lowfat)

**Activia Light**  
Blueberry, Peach, Strawberry & Vanilla - (Nonfat)

**Dannon - Creamy Classic**  
Peach Mango, Strawberry, Strawberry Banana & Vanilla - (Lowfat)

**Lowfat & Nonfat 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)

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

**Dannon - All Natural**  
Plain - (Lowfat & Nonfat)  
Vanilla - (Lowfat)

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

**Food Club**  
Plain, Strawberry & Vanilla - (Lowfat)

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

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

**LALA**  
Mango, Plain, Strawberry & Vanilla - (Lowfat)

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

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

**Yoplait**  
Blueberry, Harvest Peach, Strawberry, Strawberry Banana & Vanilla - (Lowfat)  
Plain - (Nonfat)

**Lowfat & Nonfat Yogurt - 32 oz. (Quart)**

**All brands are not available on all WIC programs.**

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

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

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

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

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

**Chobani - Greek Zero Sugar**  
Strawberry & Vanilla - (Nonfat)

**Coburn Farms - Greek**  
Plain - (Nonfat)

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

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

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

**Food Club - Greek**  
Plain & Vanilla - (Nonfat)

**Great Value - 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 & Vanilla - (Whole)

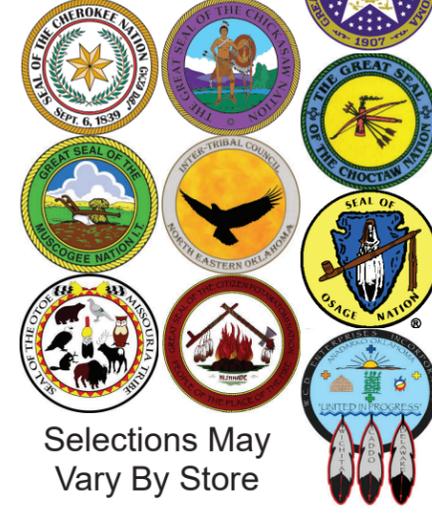
**Dannon - Oikos Greek**  
Plain - (Whole)

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

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

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**Oklahoma Unified WIC Approved Food List**



**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**  
<https://www.oklahoma.gov/health/breastfeeding>

**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.

ODH P 449 Effective: October, 2023