

Otoe-Missouria WIC Approved Food List

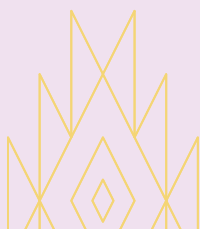
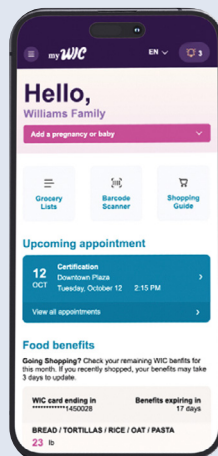
EFFECTIVE
September 2026

WIC Shopping Tips

- Make sure you have your EBT card with you.
- Be courteous to the staff helping you.
- Use your WIC-allowable food list.
- Use benefits on or after the first date to use and by the expiration date.
- Some stores may need you to keep your personal groceries separate from your WIC groceries when checking out.
- Shop between the hours of 8 a.m. – 5 p.m. in case you need to call the WIC office for assistance.
- You may choose to purchase all the items in the food package at once or the remaining food items as needed throughout the benefit period.
- Look for items on sale while purchasing fruits and vegetables to make the most of your cash value benefit.
- If you have a coupon for a product, you may use it on a WIC item.
- If a WIC item is on sale, you are entitled to the sale price.
- You are entitled to fair and respectful treatment from the grocer.



Please call the WIC office
if you need any assistance.
(844) 729-5700



myWIC App

What can you do with myWIC?

myWIC brings these features to your WIC experience with even more coming in future releases.

- **Manage your appointments**
Schedule, change and view your appointments.
- **Current and future benefits**
View your monthly benefits and track your purchases.
- **Tailored shopping experience**
Use our shopping guide and scanner to get the most out of your benefits.
- **Guided certifications**
Use a step-by-step process for uploading documents before your WIC appointment.



Scan to watch a
video about the
myWIC App



Scan the code to
download on the
Apple
App Store



Scan the code to
download on the
Google
Play Store



Digital Resources



Shop easy with eWIC

Access your WIC benefits with your eWIC card.
Buy what you need, when you need it. Use the
following digital resources to make WIC shopping
easy and convenient.



Milk, Plant-Based Beverages and Cheese



Milk

White Milk

Least Cost Brand

Gallon, ½ Gallon and Quart Sizes
• Any and all percentages as specified

Lactose-Free Milk

Any Brand

½ Gallon and 3 Quarts Sizes
• Any and all percentages as specified

UHT White Cow's Milk

Any Brand

Quart
• Any and all percentages as specified

Evaporated Milk

Least Cost Brand

• Any and all percentages as specified

Buttermilk

Any Brand

Quart
• Size as specified on food benefit

Instant Dry Milk

Least Cost Brand

• Any and all percentages as specified



Scan to watch a video about your milk benefit



Lactose-free milk, buttermilk, evaporated milk, UHT milk or instant dry milk may be purchased as a substitute for white milk in the same fat content as the white milk issued.



Tofu and Eggs



Tofu

16 ounces only



Azumaya
Firm
Extra Firm
Silken



Franklin Farms
Firm
Medium Firm
Extra Firm
Soft



House Foods America
Firm
Medium Firm
Extra Firm

Eggs

Least Cost Brand

Medium or Large Dozen

- Grade A or AA
- White and brown

Not Authorized

- Vitamin enhanced eggs



Plant-Based Beverages

48-ounce to 64-ounce containers



8th Continent
Original



Ripple
Original
Unsweetened Original
48-ounce



Ripple Kids
Original
Unsweetened Original
48-ounce



Silk
Original



Silk Kids
Original
59-ounce

Cheese

Least Cost Brand

8, 16 or 32-ounce packages only in the following varieties:

- Pasteurized processed American slices
- Block or shredded only of:
 - Cheddar
 - Colby
 - Colby Jack
 - Monterey Jack
 - Mozzarella
 - Muenster
 - Swiss



Scan to watch a video about your cheese benefit



Not Authorized

- Individually wrapped slices
- Deli
- String
- Processed cheese food

Ways to buy 32 ounces of cheese:



Two 16-ounce packages

-or-



One 32-ounce bag

-or-



Four 8-ounce packages

Yogurt

Type listed on your WIC benefits – whole milk, low-fat, nonfat, including Greek



Ways to buy 32 ounces of yogurt:



Low-fat 8-Pack

32 ounces (Eight pack of 4-ounce cups)



Yoplait Kid

Reduced Sugar (Low-fat):

Cotton Candy and Wild Berry
Strawberry and Blueberry
Strawberry Banana and Raspberry
Strawberry Banana and Strawberry

Low-fat and Nonfat Quart

32 ounces (Quart)



Best Choice

Low-fat:

Peach
Plain
Strawberry Banana
Vanilla

Nonfat:
Plain



Chobani Zero Sugar

Nonfat:
Strawberry
Vanilla



Coburn Farms

Low-fat:
Plain



Dannon All Natural

Low-fat:
Plain
Vanilla
Nonfat:
Plain



Great Value

Nonfat:
Plain



Hiland

Nonfat:
Plain



Yoplait

Low-fat:
Blueberry
Harvest Peach
Strawberry
Strawberry Banana
Vanilla

Nonfat:
Plain



Low-fat and Nonfat 4-Pack

Four pack of 4-ounce cups (16 ounces) x 2 = 32 ounces



Activia

Low-fat:

Black Cherry
Blueberry
Mango
Mixed Berry
Peach
Prune
Strawberry
Strawberry Banana
Vanilla

Activia Light

Nonfat:

Peach
Strawberry
Vanilla



Low-fat and Nonfat Greek Quart

32 ounces (Quart)



Best Choice Greek

Nonfat:
Plain
Vanilla



Dannon Light + Fit Greek

Nonfat:
Vanilla



Oikos Greek

Nonfat:
Plain
Vanilla



Chobani Greek

Low-fat:
Plain
Nonfat:
Plain
Strawberry
Vanilla



Great Value Greek

Nonfat:
Light Vanilla
Plain
Strawberry
Vanilla



Oikos Triple Zero Greek

Nonfat:
Vanilla

Whole (including Greek) Quart

32 ounces (Quart)



Best Choice Greek

Whole:
Plain



Bettergoods Greek

Whole:
Plain



Chobani Greek

Whole:
Plain



Dannon All Natural

Whole:
Plain
Vanilla



Scan to watch a video about your yogurt benefit



Fruits and Vegetables

Fruits

Fresh, Canned and Frozen

- Any variety whole or cut without added fats, oils or sugars (including artificial sweeteners)
- Bagged or prepackaged
- Cut fruits without added dips
- Organic fruits

Vegetables

Fresh, Canned and Frozen

- Any variety whole or cut without added fats, oils or sugars (including artificial sweeteners)
- Bagged or prepackaged
- Vegetables, including salads without dips or dressings
- All potatoes and yams
- Organic vegetables

Fresh Cut Herbs

- Any fresh cut herbs, including basil, dill, chives, parsley, marjoram, tarragon, fennel, cilantro, rosemary, savory, thyme, oregano, sage or mint



Not Authorized

- Salad bar purchases or fruit baskets
- Fresh fruits and/ or vegetables packaged with dips, sauces or glazes
- Breaded, creamed or sauced vegetables
- Nuts, seeds, peanuts or fruit-nut mixtures
- Vegetable-grain mixtures (*i.e., pasta, rice, noodles, etc.*)
- Spices and dried herbs
- Potted plants with fruits, vegetables or herbs
- Ornamental and decorative fruits and vegetables such as chili peppers or garlic on a string, gourds or painted pumpkins
- Edible blossoms and flowers, such as squash blossoms
- Home canned and home preserved fruits and vegetables



Scan to watch a video about your **fresh and frozen fruits and vegetables** benefit



Scan to watch a video about your **canned vegetable** benefit



Scan to watch a video about your **canned fruit** benefit



Juice



64-ounce Bottles

100% Juice Only – Unsweetened



Best Choice

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



Great Value

Apple
Cranberry
Cranberry
Grape
Cranberry
Pomegranate
Grape
Orange Blend
Pear
Pineapple
Ruby Red
Grapefruit
Tomato
Vegetable
White Grape
White Grape Peach



Harvest Classic

Apple
Apple Grape
Apple Orange
Pineapple
Cranberry
Cranberry Grape
Cranberry Raspberry
Grape
Orange
Pineapple
Vegetable
White Grape



Juicy Juice

Any Flavor
100% Juice



Langers

Apple
Apple Berry
Apple Cranberry
Apple Grape
Apple Kiwi
Strawberry
Apple Orange
Pineapple
Apple Peach Mango
Cherry
Concord Grape
Cranberry Plus
Cranberry Raspberry
Plus
Grape
Pineapple
Red Grape
Ruby Red Grapefruit
White Grape



Old Orchard

Acai Pomegranate
Apple
Apple Cranberry
Berry Blend
Black Cherry
Cranberry
Blueberry
Pomegranate
Cherry Pomegranate
Cranberry
Pomegranate
Grape
Kiwi Strawberry
Mango Tangerine
Orange
Peach Mango
Pineapple
Red Raspberry
Strawberry
Watermelon
White Grape
Wild Cherry



Tipton Grove

Apple
Grape
Pineapple
Vegetable
White Grape



Cold Cereal

Allowed in 9.8-ounce to 36-ounce size only

Best Choice

Bran Flakes
Corn Crisps
Frosted Shredded Wheat
Happy O's

General Mills

Cheerios^{GF}
Multi Grain Cheerios^{GF}
Blueberry Chex^{GF}
Cinnamon Chex^{GF}
Corn Chex^{GF}
Rice Chex^{GF}
Wheat Chex
Fiber One Honey Clusters
Berry Berry Kix
Kix
Total Whole Grain Wheaties

Great Value

Bran Flakes
Corn Squares^{GF}
Frosted Bite Size Shredded Wheat
Rice Squares^{GF}
Toasted O's

Kellogg's

Complete Bran
Frosted Mini Wheats
Frosted Mini Wheats Blueberry Muffin
Frosted Mini Wheats Pumpkin Pie Spice
Frosted Mini Wheats Strawberry
Little Bites Frosted Mini Wheats

Malt-O-Meal

Frosted Mini Spooners

Post

Grape Nuts
Grape Nuts Flakes
Great Grains Banana Nut Crunch
Great Grains Crunchy Pecan

Quaker

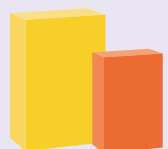
Life Cereal Original
Oatmeal Squares Brown Sugar
Oatmeal Squares Honey Nut



Scan to watch a video about your cereal benefit



Ways to buy 36 ounces of cereal:



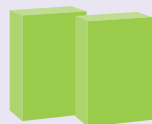
24 ounces + 12 ounces
= 36 ounces

-or-



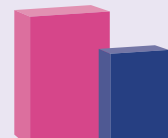
12 ounces + 12 ounces + 12 ounces
= 36 ounces

-or-



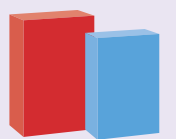
18 ounces + 18 ounces
= 36 ounces

-or-



23 ounces + 13 ounces
= 36 ounces

-or-



21 ounces + 15 ounces
= 36 ounces

Hot Cereal

Allowed in 9.8-ounce to 36-ounce size only



B&G Foods

Cream of Rice Original^{GF}
Cream of Wheat 1 Minute
Cream of Wheat 2½ Minute
Cream of Wheat 10 Minute
Cream of Wheat Whole Grain Instant
Cream of Wheat Whole Grain 2½ Minute
Instant Oatmeal Original



Great Value

Instant Oatmeal Original



Malt-O-Meal
Chocolate Original



Quaker

Instant Grits
Instant Oatmeal



Whole Grains

Bread

12 to 24-ounce loaves

Best Choice

100% Whole Wheat

Great Value

100% Whole Wheat Honey
Multigrain
Whole Wheat

Mrs. Baird's

100% Whole Wheat Sugar Free
Whole Grain Wheat

Nature's Own

100% Whole Grain
100% Whole Wheat
100% Whole Wheat Small Loaf
100% Whole Wheat with Real Honey
Whole Wheat Hamburger Buns

Oroweat

Whole Wheat
Whole Wheat English Muffins
Whole Wheat Hamburger Buns
Whole Wheat Sandwich Thins

Ozark Hearth

100% Whole Wheat Multigrain
Hamburger Buns
Whole Wheat
Whole Wheat Hamburger Buns
Whole Wheat Hot Dog Buns

Pepperidge Farm

Cinnamon Raisin Swirl
100% Whole Wheat Thin Sliced
100% Whole Wheat Thin Sliced Whole 15 Grain
Very Thin Sliced
100% Whole Wheat Whole 15 Grain
Whole Grain Honey Wheat
Whole Grain Oatmeal
Whole Wheat

Sam's Choice

Wheat Greek Style Pita

Sara Lee

100% Whole Wheat
100% Whole Wheat Half Loaf



Thomas'

Whole Wheat Bagels
Whole Wheat English Muffins

Wonder

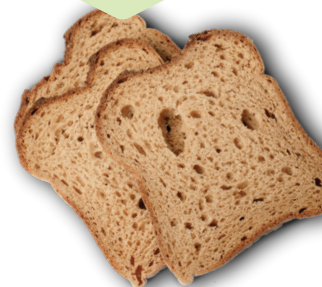
100% Whole Wheat

Gluten-free?

Contact your WIC office for gluten-free options.



Scan for more information on gluten-free options



Whole-wheat Tortillas

Any size package

Best Choice

100% Whole Wheat
Whole-wheat

Don Pancho

Whole-wheat Taco Size

Great Value

Whole-wheat Taco Size

Guerrero

Whole-wheat Taco Size

La Banderita

Whole-wheat Fajita Size
Whole-wheat Soft Taco Size

Mama Lupe's

100% Whole-wheat Taco Size

Mission

Whole-wheat Fajita Size
Whole-wheat Taco Size

Ortega

Whole-wheat

Santa Fe Tortilla Company

Whole-wheat

Tio Santi

100% Whole-wheat Taco Size

Soft Corn Tortillas

GF

Any size package

Best Choice

Corn

Chi Chi's

White Corn

Great Value

White Corn

Guerrero

Corn

La Banderita

White Corn

La Burrita
Corn

Mission

White Corn
Yellow Corn

Ramirez and Sons
Stone Ground Corn

Santa Fe Tortilla
Company

White Corn
Yellow Corn

Tio Santi

White Corn

Whole-wheat Pasta

Any size package

Barilla	Great Value
Best Choice	Hodgson Mill
Bettergoods	Raconto
Gia Russa	Ronzoni Healthy Harvest



Scan to watch a video about your whole grains benefit



Oatmeal

Any size container

- No Individual Packets

Always Save

Old Fashioned Oats
Quick Oats

Avelina

Old Fashioned Oats^{GF}
Quick Cooking Oats^{GF}

Best Choice

Old Fashioned Oats
Quick Oats

Bob's Red Mill

Gluten Free Old Fashioned Rolled Oats^{GF}
Gluten Free Quick Rolled Oats^{GF}
Rolled Oats

Great Value

Old Fashioned Oats
Quick Oats

Hodgson Mill

Quick Oats
Thick Cut Rolled Oats

McCann's

Irish Oatmeal

MOM's Best

Old Fashioned Oats
Quick Oats

Quaker

Overnight Oats
Quick Oats
Rolled Oats
Steel Cut Oats

That's Smart

Quick Oats

Brown and Wild Rice

GF

Any size package

Ben's Original

Boil-in-Bag
Instant
Long Grain

Best Choice

Boil-in-Bag
Instant
Long Grain

Blue Ribbon

Long Grain

Gourmet House

Long Grain

Great Value

Boil-in-Bag
Instant
Long Grain

Mahatma

Long Grain
Jasmine Brown

Minute

Instant
Ready to Serve Cups

Par Excellence

Long Grain

Riceland

Extra Long Grain

Sarita

Long Grain

Success

Long Grain

Texmati

Long Grain

Flours and Grains

GF

16 to 64-ounce package only



Bob's Red Mill

Amaranth
Buckwheat
Whole Grain Teff



Masa Brosa

Instant Blue Corn Masa
Instant Corn Masa



Maseca

Corn Instant Masa
Corn Masa



Tortilla Masa

Corn Masa

Quinoa

GF

Any size package



Bob's Red Mill

Tri-Color



Nature's Earthly Choice

Quinoa



RiceSelect

Tri-Color Quinoa



Roland

Red Quinoa
White Quinoa



Success

Tri-Color Quinoa

Additional Whole-Grain Options

Must have whole grain as primary ingredient by weight.

Not Authorized

- Organic

Canned Fish

Tuna

Any Brand

2.5 to 12-ounce can or pouch

- Any Flavor

Not Authorized

- Albacore
- Organic

Salmon

Any Brand

2.5 to 15-ounce can or pouch

- Pink or White
- Any Flavor

Not Authorized

- Organic

Sardines

Any Brand

3.75 to 15-ounce can

- Any Sauce

Not Authorized

- Organic

Chub Mackerel

Any Brand

15-ounce can only

- Oil or water

Not Authorized

- Organic



Scan to watch a video about your **canned fish** benefit



Ways to buy 30 ounces canned fish:



Eight 3.75-ounce cans

-or-



Four 5-ounce cans and four 2.5-ounce pouches

-or-



Two 14.75-ounce cans

-or-



Two 15-ounce cans

-or-



One 15-ounce can and three 5-ounce cans/pouches

Legumes (Beans or Peas)



Dry

Any Brand
One pound bag
• Unflavored



Not Authorized

- Organic
- Soup mixes



Scan to watch a video about your legumes and peanut butter benefit

Canned Beans and Black-eyed Peas

Any Brand
15 to 16-ounce cans

Not Authorized

- Added meat, sugars, fats or oils
- Green beans
- Organic
- Refried beans (except fat free refried beans)



Nut and Seed Butters



Peanut Butter

Any Brand
16 to 18-ounce container only
• Creamy or crunchy

Not Authorized

- Omega-3
- Organic
- Added chocolate, honey, jelly or marshmallow

Almond and Sunflower Butter

Up to 18 ounces

- Creamy or chunky
- Regular or reduced fat
- Salted or unsalted



Barney Butter
Smooth Almond



Maranatha
Coconut Almond
Creamy Almond
Crunchy Almond



Sunbutter
Creamy Sunflower
Crunchy Sunflower
Natural Sunflower
No Sugar Added Sunflower



Justin's
Cinnamon Almond
Classic Almond
Vanilla Almond



Sam's Choice
Creamy Almond

Not Authorized

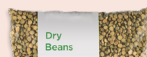
- Added marshmallows, honey, jelly, chocolate or similar ingredients

Ways to buy beans and nut and seed butters:



Four cans of beans or peas

-or-



One bag of beans

-or-



One jar of nut or seed butter

Infant Foods



Infant Formula

Redeem as Specified on Food Benefit

- Iron Fortified

Infant Cereal

8 or 16-ounce containers



Earth's Best
Oatmeal
Multi-grain



Gerber
Barley
Mixed
Multi-grain
Oatmeal
Rice
Whole Wheat

Not Authorized

- Added DHA and ARA
- Added fruit or yogurt

Infant Meats

2.5 ounces



Beech-Nut



Earth's Best



Gerber



Scan to watch a video about your infant foods benefit

Not Authorized

- Added DHA and ARA
- Dinners

Infant Fruits and Vegetables

Beech-Nut Stage 2
4 ounces

Earth's Best Organic
4 ounces

Gerber Stage 2
8-ounce pack (two 4-ounce containers)

Happy Baby Organics
4 ounces

Mom's Organic Choice
8-ounce pack (two 4-ounce containers)

Once Upon a Farm Organic
4 ounces

O Organics Stage 2
4 ounces

Parent's Choice Stage 2
4 ounces

Peter Rabbit Organic
4 ounces

Plum Organics
16-ounce pack (four 4-ounce pouches)

Tippy Toes
8-ounce pack (two 4-ounce containers)

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

Not Authorized

- Added DHA and ARA
- Smoothies/desserts
- Dinners
- Grain blends



Breastfeeding Support



Everything for breastfeeding success:

- 24/7 Encouragement and support
- Expanded food package to support the nutrition of nursing mothers
- Breastfeeding peer counselors available to answer questions or address challenges
- Board-certified lactation consultants on staff
- Breast pump rental and give away program
- Breastfeeding supplies available to make nursing easier and more convenient



Scan the code to find your local Otoe-Missouria WIC breastfeeding peer counselor.

Breastfeeding Support
Warm Line:
(888) 439-8970



The Otoe-Missouria WIC Approved Vendors

BLACKWELL

United Supermarket #378
1221 W. Doolin Ave.

CUSHING

Walmart #360
3100 E. Main St.

ENID

Cash Saver #367
531 E. Broadway

Jumbo Foods I
2311 W. Willow

Jumbo Foods II
221 S. 30th St.

Jumbo Foods III
917 E. Broadway Ave.

Jumbo Foods IV LLC
1716 S. Van Buren

Walmart #499
550 W. Garriott Rd.

Walmart #4390
1018 N. Cleveland St.

HENNESSEY

4-T's Discount Food
801 E. Jack Choate Ave.

NEWKIRK

Harp's Food Store #485
601 W. South St.

PAWNEE

Williams Food #11
510 Sewell Dr.

PERKINS

Williams Foods
200 W. Hwy. 33

PERRY

Homeland #851
702 Fir St.

PONCA CITY

Homeland #460
904 S. 4th St.

Homeland #468
2005 N. 14th St.

Walmart #823
1101 E. Prospect

STILLWATER

Walmart #137
111 N. Perkins Rd.

Walmart #4241
4545 W. 5th Ave.

Walmart #5364
2315 N. Perkins Rd.

TONKAWA

Venture Food Stores
1315 N. Main

WIC Best Practices:

Buying, selling or trading WIC benefits is **NOT AUTHORIZED**.
If you do any of these actions, you may have to:

- Repay in cash the value of the food/formula benefits; or
- Lose your benefits from the WIC program.

Absolutely no:

❌ Trading

❌ craigslist

❌ Giving Away

❌ facebook.

❌ ebay

❌ Other Online Marketplaces

❌ Cash

❌ Garage Sales

Contact your WIC Office at:

RED ROCK

8151 Hwy. 177
Red Rock, OK 74651

Tuesday and Wednesday
9 AM-3:30 PM

PONCA CITY

314 N. 5th St.
Ponca City, OK 74601

Monday - Thursday
9 AM-3:30 PM

STILLWATER

415 S. Duck St.
Stillwater, OK 74074

Monday and Wednesday
9 AM-3:30 PM

ENID

109 S. Grand Ave.
Enid, OK 73701

Tuesday and Thursday
9 AM-3 PM

Offices are closed from 12-1PM for lunch.



<https://www.omtribe.org/wic/>

Questions?

Contact the Otoe-Missouria WIC
Department at 580-723-4466 ext. 203



OTOE-MISSOURIA WIC

This institution is an equal opportunity provider.

This guide is subject to change without notice based on additions or changes to products.