



Whole-Wheat Bread

- 16 oz Loaves Only

- Best Choice 100% Whole-Wheat
- Best Yet 100% Whole-Wheat
- Bunny 100% Whole-Wheat
- Lewis Healthy Life 100% Whole-Wheat
- Mrs. Baird's 100% Whole-Wheat
- Mrs. Baird's Sugar-Free Whole-Grain Wheat
- Nature's Own Life Sugar-Free 100% Whole-Grain
- Nature's Own 100% Whole-Wheat with Real Honey
- Ozark Hearth 100% Whole-Wheat
- Pepperidge Farm Cinnamon Raisin Swirl 100% Whole-Wheat
- Pepperidge Farm Very Thin Sliced 100% Whole-Wheat
- Sara Lee 100% Whole-Wheat
- Wonder 100% Whole-Wheat



Whole-Wheat Tortillas

- 16 oz Packages Only

- Best Choice 100% Whole-Wheat
- Don Pancho Whole-Wheat Taco Size
- Food Club Whole-Wheat Fajita Size
- Great Value Whole-Wheat Taco Size
- Guerrero Whole-Wheat Taco Size
- La Banderita Whole-Wheat Fajita Size
- Mama Lupe's 100% Whole-Wheat Taco Size
- Market Pantry Whole-Wheat
- Mi Casa 100% Whole-Wheat
- Mission Whole-Wheat Fajita Size
- Mission Whole-Wheat Taco Size
- Native Tortilla 100% Whole-Wheat
- Ortega Whole-Wheat
- Santa Fe Tortilla Company Whole-Wheat
- Tio Santi 100% Whole-Wheat Taco Size



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
- Best Choice rotini and spaghetti
- Food Club penne rigate and spaghetti
- Gia Russa angel hair, lasagna, linguine, medium shells, penne rigate, roman rigatoni, rotini, spaghetti and thin spaghetti
- Great Value elbows, linguine, penne, rotini, spaghetti and thin spaghetti
- Hodgson Mill angel hair, elbows, lasagna, spaghetti, spinach spaghetti, spirals and thin spaghetti
- Racconto capellini, elbows, farfalle, linguine, penne rigate, rigatoni, rotini and spaghetti
- Ronzoni Healthy Harvest linguine, penne rigate, rotini, spaghetti and thin spaghetti



Other Whole-Grain Options

-Must have whole grain as primary ingredient
NOT INCLUDED: 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

Fruits - Fresh, Frozen and Canned

- Any Variety, Whole or Cut (without added sugar, artificial sweeteners, fats, oils or salts)
- Bagged or pre-packaged Fruits (without added dips)
- Organic Fruits



Vegetables - Fresh, Frozen, Canned

- Any Variety, Whole or Cut (without added sugar, artificial sweeteners, fats or oils)
- Bagged or pre-packaged vegetables, including salads (without dips or dressings)
- All Potatoes and Yams
- Organic Vegetables

NOT INCLUDED: Salad Bar, Fruit Baskets, Party Trays, Breaded Vegetables, Creamed or Sauced Vegetables, Fruit-Nut Mixtures, Vegetable-Grain Mixtures (e.g., Pasta, Rice), Herbs or Spices (Anise, Basil, Bay Leaves, Caraway, Chervil, Chives, Cilantro, Dill, Fenugreek, Parsley, Rosemary, Sage, Savory, Tarragon, Thyme, Vanilla Bean), Edible Blossoms and Flowers (e.g. Squash Blossoms), Ornamental and Decorative Fruits and Vegetables (e.g., Chili Peppers on a string, Garlic on a string, Gourds, Painted Pumpkins)



Milk

- Least-cost brand

- White Milk-gallon, half-gallon and quart sizes of Low-Fat (1 % or 1/2 %) or Fat Free (Skim)



Substitutes:

- Lactose-Free Milk - Fat-Free or Low-Fat, Half-gallon only
- Buttermilk-Quart size only
- Dry Milk - Fat-Free
- (25.6 oz = 2 gallons)
- Evaporated Milk - Fat-Free or Low-Fat (12 oz cans; 5 = 1 gallon)
- UHT White Cow's Milk-any brand, quart size only

Real Cheese

- Least-Cost Brand (8, 16 or 32 oz only)
- Pasteurized Processed American slices, block or shredded only of cheddar, colby, colby jack, monterey jack, mozzarella, muenster and Swiss

NOT INCLUDED: Individually wrapped slices, deli, string or processed cheese food.



Eggs
-Least-Cost Brand
Dozen Medium or Large Grade A or AA
White or Brown

NOT INCLUDED: Low-cholesterol eggs

Each child can choose one of the following:

Peanut Butter

Any brand, 16-18 oz jar only
NOT INCLUDED: Omega-3, Organic, Added chocolate, honey, jelly or marshmallow



OR

Dried Beans or Peas

Unflavored- any brand, 1 lb
NOT INCLUDED: Organic or soup mixes



OR

Canned Beans

Any brand, 15-16 oz
INCLUDED: kidney beans, pinto beans, black beans, lima beans, fat-free refried beans or black-eyed peas
NOT INCLUDED: Added meats, sugars, fats or oils, green beans, organic
*4 cans = 1 pound of dry beans



Tuna

Any sauce-any brand, 2.5-5 oz can or pouch
NOT INCLUDED: Albacore, hickory smoked, organic, solid or chunk white

Sardines

Any Sauce, 3.75 - 15 oz can
Not Included: Organic



Salmon Pink or White

Any Sauce, 2.5 - 15 oz. can or pouch
Not Included: Organic



Chub Mackerel

Oil or Water, 15 oz can only
Not Included: Organic



AVAILABLE FOODS

Benefit months are:
May 15-Sept. 14
June 15-Sept. 14
July 15-Sept. 14

Each child enrolled in Summer EBT receives the following food per benefit month:

Milk, low-fat or skim	1 gallon
Cheese	1 lb
Cereal	18 oz
Eggs	1 dozen
Fruits and Vegetables Cash Value	\$13
Whole Grains	16 oz
Yogurt	32 oz
Fish	5 oz
Peanut Butter or Dry Beans or Canned Beans	1 lb or 4-16 oz cans

Call Summer EBT for Children at (580) 272-1178 or (844) 256-3467 (8 a.m. to 5 p.m., Monday-Friday) to:

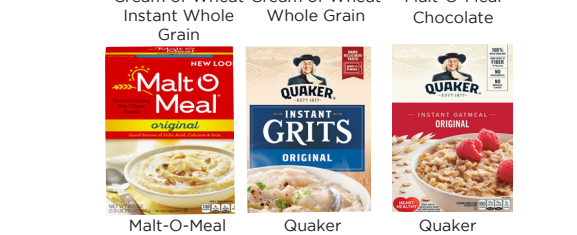
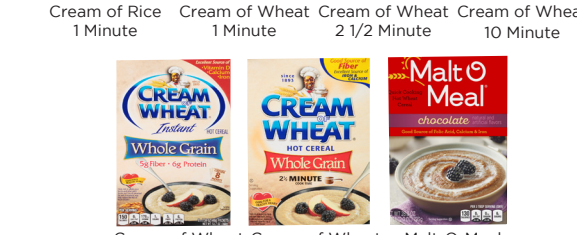
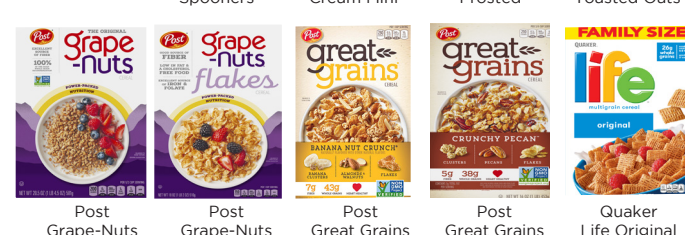
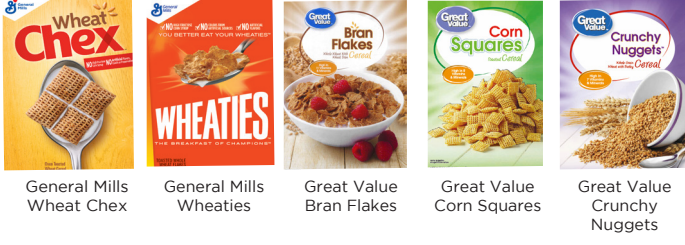
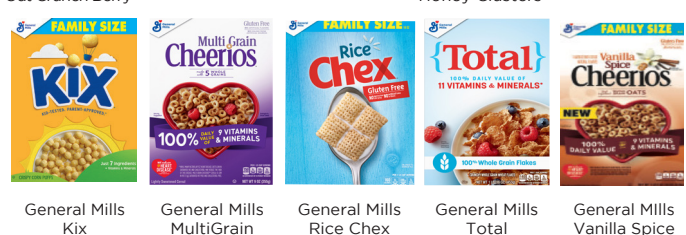
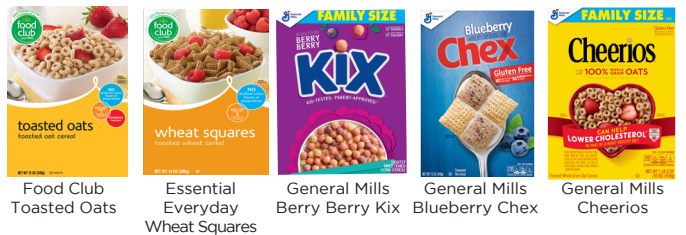
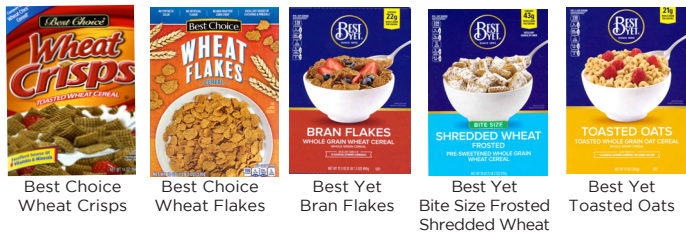
- *Get a replacement card
- *Report a shopping problem (call while in the store if possible)
- *Ask additional program questions

USDA is an equal opportunity provider and employer.
Summer EBT for Children is an initiative of the Chickasaw Nation.
This material is based upon work that is supported by the Food and Nutrition Service, U.S. Department of Agriculture.



Cold Cereals

11.8 oz to 36 oz size



Low-Fat and Nonfat Yogurt

- 32 oz (Quart)

- Best Choice Strawberry and Vanilla-(Low-fat) and Plain-(Nonfat)
- Best Yet-Plain and Vanilla-(Low-fat and Nonfat)
- Coburn Farms Plain and Vanilla-(Low-fat)
- Dannon All Natural-Plain (Low-fat and Nonfat) and Vanilla-(Low-fat)
- Dannon Light & Fit-Strawberry and Vanilla-(Nonfat)
- Food Club Plain, Strawberry and Vanilla-(Low-fat)
- Great Value Peach, Strawberry, Strawberry Banana and Vanilla-(Low-fat) and Plain and Vanilla-(Nonfat)
- Hiland Peach, Strawberry and Vanilla-(Low-fat) and Plain-(Nonfat)
- LALA Mango, Mixed Berry, Peach, Piña Colada, Plain, Strawberry and Strawberry Banana-(Low-fat)
- Mountain High Plain and Vanilla-(Low-fat and Fat Free)
- Yoplait Blueberry, Harvest Peach, Strawberry, Strawberry Banana and Vanilla-(Low-fat) and Plain-(Nonfat)

Low-Fat and Nonfat Yogurt

- 32 oz (Quart)

- Yoplait Kid Berry and Strawberry, Cotton Candy and Wild Berry, Strawberry Banana and Berry, Strawberry and Blueberry, Strawberry and Cotton Candy, Strawberry Banana and Raspberry, Strawberry Banana and Strawberry and Strawberry Banana and Strawberry and Reduced Sugar-(Low-fat)

Low-Fat and Nonfat Yogurt

- 16 oz (4pk-4oz) 2 x 16 oz=32 oz

- Activia Black Cherry, Blueberry, Mango, Mixed Berry, Peach, Prune, Strawberry, Strawberry Banana, and Vanilla-(Low-fat)
- Activia Lactose Free-Black Cherry, Peach, Strawberry, and Vanilla-(Low-fat)
- Activia Fruit on the Bottom Blueberry and Blackberry, Cherry and Vanilla, Peach and Mango, Pineapple and Coconut, and Strawberry and Raspberry-(Low-fat)
- Activia Light Blueberry, Peach, Strawberry and Vanilla-(Nonfat)
- Dannon Creamy Classic Peach Mango, Strawberry, Strawberry Banana and Vanilla (Low-fat)



Low-Fat and Nonfat Greek Yogurt

- 32 oz (Quart)

- Best Choice Greek Plain and Vanilla-(Nonfat)
- Best Yet Greek Plain and Vanilla-(Nonfat)
- Chobani Greek Plain-(Low-fat) and Peach, Plain, Strawberry and Vanilla-(Nonfat)
- Chobani Greek Zero Sugar Strawberry and Vanilla-(Nonfat)
- Coburn Farms Greek Plain-(Nonfat)
- Dannon Light & Fit Greek Plain and Vanilla-(Nonfat)
- Dannon Oikos Greek Plain and Vanilla-(Nonfat)
- Dannon Oikos Triple Zero Greek Strawberry and Vanilla-(Nonfat)
- Food Club Plain and Vanilla-(Nonfat)
- Great Value Greek Plain and Vanilla-(Nonfat)

