

## 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

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	Healthy Harvest Healthy Harvest Too where can	WHOLE WHEAT

## 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



#### Whole-Wheat Tortillas - 16 oz Packages Only

- Best Choice 100% Whole-Wheat
- Don Pancho Whole-Wheat Taco Size
- Food Club Whole-Wheat Faiita 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

## Fruits - Fresh. Frozen and Canned

- Any Variety, Whole or Cut (without added sugar, artificial sweetners, 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 sweetners, 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, Horseradish, Lemon Grass, Marjoram, Mint, Oregano, 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 guart

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 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



### **Canned Beans**

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

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

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

## Chub Mackerel

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



## 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



Lactose Free Milk



#### -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







#### **Dried Beans or Peas**

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



OR





NOT INCLUDED: Albacore, hickory smoked, organic, solid or chunk white









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





Best Choice

Bran Flakes

**Best Choice** 

Broadus Snoop

Frosted

Drizzlerz

Food Club

Toasted Oats

Cheerios

OAT CRUNCH

General Mills

Cheerios

Oat Crunch Berry

Wheat Crisps

#### **Cold Cereals** 11.8 oz to 36 oz size

Best Choice Corn Crisps Bite Size-Frosted Happy O's

Shredded

Best Yet

Food Club

General Mills

General Mills

Corn Chex

General Mills

Rice Chex

Bran Flakes



Best Choice

Best Choice

Wheat Flakes

Food Club

Bran Flakes

Essential

Evervdav

Wheat Squares

General Mills

Cinnamon Chex

MultiGrain

Cheerios

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Best Choice

Rice Crisps

**Best Yet** 

Food Club

**Rice Squares** 

Cheerios

General Mills

Cheerios

Best Choice

Best Yet

Shredded Wheat

Food Club

Shredded Wheat

General Mills

General Mills

Fiber One

General Mills

Total

Honey Clusters

Corn Squares Bite Size Frosted

Berry Berry Kix Blueberry Chex

Bite Size Frosted Toasted Oats





General Mills

Wheaties

Great Value

Oat Crunch

Original

Mini Wheats

Strawberry

General Mills

Wheat Chex

Great Value

Frosted

Shredded Wheat

Omplete Bran

Kellogg's

Complete Bran

Mini Wheats

Pumpkin Spice

Kiggins

Rollin' Oats

Pos

Grape-Nuts



Great Value

O's

Bran Flakes





Great Value Great Value



Great Value Great Value Rice Squares

Great Value Wheat Squares



Kellogg's Frosted Kellogg's Frosted Kellogg's Frosted Mini Wheats Mini Wheats Blueberrv

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Kellogg's Frosted Kellogg's Frosted Kellogg's Little Kellogg's Little Bites Frosted **Bites Frosted** Mini Wheats Mini Wheats









Post

Great Grains

Crunchy Pecan

















Quaker

Life Original











Instant Whole

Malt-O-Meal

Original

1 Minute











Quake

Life Vanilla

UAKE

Squares

Honev Nut



Flakes

CREAM

2 1/2 Minute

Hot Cereals

9.8 oz to 36 oz size

Cream of Rice Cream of Wheat Cream of Wheat Cream of Wheat

CREAM

WHEAT

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Whole Grain

Quaker

Instant Grits

CREAM

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as -

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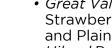
Quaker

Instant

Oatmea

Chocolate





Nonfat)

- 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)

# - 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 Reduced Sugar-(Low-fat)



Kix













General Mills

Vanilla Spice

Cheerios

General Mills

Honey Kix





















Frosted Mini



Grape-Nuts

Flakes















































Post

Great Grains

Banana Nut

Malt-O-Mea

Strawberry



- Best Choice Strawberry and Vanilla-(Low-fat) and Plain-(Nonfat) • Best Yet-Plain and Vanilla-(Low-fat and
- 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

# Low-Fat and Nonfat Yogurt



- 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)



