



Whole-Wheat Bread

❖ **16 oz Packages of the following brands 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 Lite Sugar-Free 100% Whole-Grain
- Nature's Own 100% Whole-Wheat w/Real Honey
- Ozark Heath 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 Pasta

❖ **2 - 8 oz or 16 oz only**

- Allegra spaghetti
- Barilla angel hair, elbow, linguine, medium shells, penne, rotini, spaghetti, and thin spaghetti
- Best Choice rotini and spaghetti
- Food Club penne rigate and spaghetti
- Gia Russa angle 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, fartfalle, linguine, penne rigate, rigatoni, rotini, and spaghetti
- Ronzoni Healthy Harvest linguine, penne rigate, rotini, spaghetti and thin spaghetti



Whole-Wheat Tortillas

❖ **16 oz Packages of the following brands 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



Other Whole-Grain Options

❖ **Must have whole grain as primary ingredient**

- Oatmeal - Any brand, 16 oz only, no individual packets
- Brown Rice - Any brand, 14-16 oz only
- Bulgur-Any brands, 16 oz only
- Soft Corn Tortillas - Any brand, 16 oz only

NOT INCLUDED: Organic



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, and Canned

- ❖ **Any variety, whole, or cut** (without added sugar, artificial sweeteners, fats, oils or salts)
- ❖ **Bagged or pre-packaged fruits** (without added dips or dressings)
- ❖ **All Potatoes and Yams**
- ❖ **Organic Vegetables**

NOT INCLUDED: Salad Bar, Fruit Baskets, Party Trays, Breaded Vegetables, Fenugreek, Caraway, Creamed or Sauced Vegetables, Fruit-Nut Mixtures, Vegetables-Grain Mixtures (e.g., Pasta, Rice), Edible Blossoms and Flowers (e.g. Squash Blossoms, Ornamental and Decorative Fruits and Vegetable (e.g., Chili Peppers on a string, Garlic on a string, Painted Pumpkins)

Milk

❖ **Least-Cost Brand**

White Milk - Gallon, Half-Gallon, and Quart Sizes of Low-Fat (1% or ½%) or Fat Free (Skim)



SUBSTITUTES:

- Lactose-Free Milk - Fat-Free or Low-Fat, Half-Gallon Only
- Buttermilk-Quart Size Only
- Dry Mik - 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, 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 (1lb)**

NOT INCLUDED: Organic or soup mixes

OR



Canned Beans

❖ **Any Brand (15-16 oz only) 4 cans=1lb of dry beans**

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

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 Food Brochure

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

Summer EBT Food Package	
Fish	15 oz
Yogurt	96 oz
Milk, low fat or skim	3 gal
Cheese	3 lb
Whole grain cereal	54 oz
Eggs	3 doz
Fruits and Vegetables	\$24
Cash Value	
Whole Grains	48 oz
Peanut Butter or Dry Beans or Canned Beans	3 lb of peanut butter or 3 lb dry beans or 12-16 oz canned beans

Call Choctaw Summer EBT for Children at (580) 916-9239 (8 a.m. to 4 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 Choctaw Nation. This material is based upon work that is supported by the Food and Nutrition Services, U.S. Department of Agriculture.

❖ 11.8 oz - 36 oz size



❖ 9.8 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 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**-(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)

