

# Summer EBT Approved Food List



Effective  
MAY 2026



## Summer EBT Shopping Tips

- Make sure you have your EBT card with you and know your PIN number.
- Be courteous to the staff helping you.
- Use your Summer EBT-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 Summer EBT groceries when checking out.
- For assistance shopping outside of normal business hours, you can contact the Hunger Free Oklahoma Summer EBT Hotline at (918) 213-4855 until 6 p.m. weekdays and from 9 a.m. to 1 p.m. on Saturday.
- 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 Summer EBT item.
- If a Summer EBT 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 Summer EBT office if you need any assistance.  
(580) 272-1178

## Issued Benefits

Each eligible child is issued the following benefit package one time:



**Milk, Low-fat or Skim**  
3 gallons



**Cheese**  
3 pounds



**Eggs**  
3 dozen



**Yogurt**  
96 ounces or 3 quarts



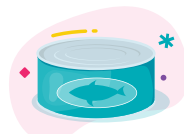
**Fruits and Vegetables**  
Cash Value  
\$33



**Whole-grain Cereal**  
54 ounces



**Whole Grains**  
48 ounces



**Fish**  
15 ounces



**Peanut Butter or Dry Beans or Canned Beans**  
3 containers of beans or peanut butter;  
1 container = 1 pound of dry beans, 1 container of peanut butter, or four 16-ounce cans of beans

# Digital Resources



## Shop easy with Summer EBT

### Access your Summer EBT benefits with your Summer EBT card

Buy what you need, when you need it. Use the following digital resources to make Summer EBT shopping easy and convenient.

### The WICShopper App

The app is available for free in the Apple App store and Google Play store. You can use it to:

- See your Summer EBT benefit balances and expiration date
- Find stores near you
- Scan foods in the store to see if you can use your Summer EBT benefits to purchase them



# Milk and Cheese



## MILK: 3 GALLONS PER CHILD

Milk is issued in quarts or gallons.

4 quarts = 1 gallon

3 quarts = 0.75 gallon

2 quarts = 0.5 gallon

1 quart = 0.25 gallon

### White Milk

#### Least Cost Brand

Gallon, ½ Gallon and Quart Sizes

- Must be 1% or fat-free

### UHT White Cow's Milk

#### Any Brand

Quart

- Must be 1% or fat-free

### Buttermilk

#### Any Brand

Quart

- Must be 1% or fat-free

### Lactose-Free Milk

#### Any Brand

½ Gallon and 3 Quarts Sizes

- Must be 1% or fat-free

### Evaporated Milk

#### Least Cost Brand

- Must be 1% or fat-free

### Instant Dry Milk

#### Least Cost Brand

- Must be 1% or fat-free

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.



Click or scan the code to watch a video about your **milk** benefit.

## CHEESE: 3 POUNDS PER CHILD



### 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

### \* Not Authorized

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

### Ways to buy 3 pounds (48 ounces) of cheese:



Three 16-ounce packages

One 32-ounce bag and one 16-ounce package

Four 8-ounce packages and one 16-ounce bag



Click or scan the code to watch a video about your **cheese** benefit.

# Yogurt: 96 ounces or 3 quarts per child



- Whole milk, low-fat, nonfat, including Greek

## 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



## Ways to buy 96 ounces of yogurt:



- OR -



Three 32-ounce (quart) tubs

Three packs of eight 4-ounce cups

## LOW-FAT AND NONFAT QUART

32 ounces (Quart)



### Best Choice

#### Low-fat:

- Strawberry
- Vanilla

#### Nonfat:

- Plain



### Coburn Farms

#### Low-fat:

- Plain



### Great Value

#### Nonfat:

- Plain



### Hiland

#### Nonfat:

- Plain



### Dannon All Natural

#### Low-fat and

#### Nonfat:

- Plain
- Vanilla



### Best Yet

#### Low-fat and

#### Nonfat:

- Plain
- Vanilla



### Lucerne

#### Low-fat:

- Strawberry
- Vanilla

#### Nonfat:

- Plain
- Vanilla



### Yoplait

#### Low-fat:

- Blueberry
- Harvest Peach
- Strawberry
- Strawberry Banana
- Vanilla

#### Nonfat:

- Plain



### Mountain High

#### Low-fat and

#### Nonfat:

- Plain
- Vanilla

## LOW-FAT AND NONFAT 4-PACK

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

### ACTIVA

#### Activa

#### Low-fat:

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

#### Activa Lactose Free

#### Low-fat:

- Black Cherry
- Peach
- Strawberry
- Vanilla

#### Activa Light

#### Nonfat:

- Blueberry
- Peach
- Strawberry
- Vanilla

## LOW-FAT AND NONFAT GREEK QUART

32 ounces (Quart)



### Best Choice

#### Greek

#### Nonfat:

- Plain
- Vanilla

### Chobani

#### Greek

#### Low-fat:

- Plain
- Nonfat:
- Plain
- Strawberry
- Vanilla



### Coburn Farms

#### Greek

#### Nonfat:

- Plain



### Dannon

#### Light + Fit

#### Greek

- Nonfat:
- Vanilla



### Lucerne

#### Greek

#### Nonfat:

- Plain
- Vanilla
- Strawberry



### Oikos Greek

#### Nonfat:

- Plain
- Vanilla



### Oikos Triple Zero

#### Greek

#### Nonfat:

- Vanilla



### Great Value

#### Greek

#### Nonfat:

- Plain
- Vanilla

## WHOLE MILK (INCLUDING GREEK) QUART

32 ounces (Quart)



### Bettergoods

#### Greek

#### Whole milk:

- Plain



### Brown Cow

#### Whole milk:

- Maple
- Plain
- Vanilla



### Chobani

#### Greek

#### Whole milk:

- Plain



### Dannon

#### All Natural

#### Whole milk:

- Plain
- Vanilla



### Lucerne

#### Whole milk:

- Plain
- Vanilla



### Lucerne

#### Greek

#### Whole milk:

- Plain



### Oikos Greek

#### Whole milk:

- Plain



### Mountain High

#### Whole milk:

- Plain
- Vanilla



Click or scan the code to watch a video about your **yogurt** benefit.

# Fruits and Vegetables: \$33 per child



## 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



Click or scan the code to watch a video about your **fresh and frozen fruits and vegetables** benefit.



Click or scan the code to watch a video about your **canned vegetable** benefit.



Click or scan the code to watch a video about your **canned fruit** benefit.

## 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

# Whole-Grain Cereal: 54 ounces per child

### Gluten-free?

Look for items labeled "GF" to easily find gluten-free cereals and whole-grain options.

Click or scan the code to view **gluten-free options**.

## COLD CEREAL

Allowed in 11.8-ounce to 36-ounce box only

GF = Gluten Free



### Best Choice

#### Best Choice

- Bran Flakes
- Wheat Flakes



#### Best Yet

- Bran Flakes
- Bite Size Shredded Wheat - Frosted
- Toasted Oats



#### General Mills

- Cheerios<sup>GF</sup>
- Multi Grain Cheerios<sup>GF</sup>

- Cheerios Oat Crunch Berry
- Blueberry Chex<sup>GF</sup>
- Cinnamon Chex<sup>GF</sup>
- Corn Chex<sup>GF</sup>
- Rice Chex<sup>GF</sup>
- Wheat Chex
- Fiber One Honey Clusters
- Berry Berry Kix
- Honey Kix
- Kix
- Total Whole Grain
- Wheaties



#### Great Value

- Bran Flakes
- Corn Squares<sup>GF</sup>
- Crunchy Nuggets
- Frosted Bite Size Shredded Wheat

- Oat Crunch
- Toasted O's
- Rice Squares<sup>GF</sup>
- Wheat Squares



#### Kellogg's

- All Bran Complete Wheat Flakes
- Frosted Mini Wheats
- Frosted Mini Wheats Blueberry
- Frosted Mini Wheats Cinnamon Roll
- Frosted Mini Wheats Pumpkin Pie Spice
- Frosted Mini Wheats Strawberry

- Little Bites Frosted Mini Wheats
- Little Bites Frosted Mini Wheats Chocolate



#### Kiggins

- Bite Size Shredded Wheat - Frosted
- Rollin' Oats



#### 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
- Life Cereal Vanilla
- Oatmeal Squares Brown Sugar



#### Ralston

- Corn Biscuits<sup>GF</sup>
- Frosted Shredded Wheat
- Oat Wise
- Rice Biscuits<sup>GF</sup>
- Tasteos
- Wheat Bran Flakes

## HOT CEREAL

Allowed in 9.8-ounce to 36-ounce size only

GF = Gluten Free



B&G Foods, Inc.

### B & G Foods

- Cream of Rice Original<sup>GF</sup>
- 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



### Malt-O-Meal

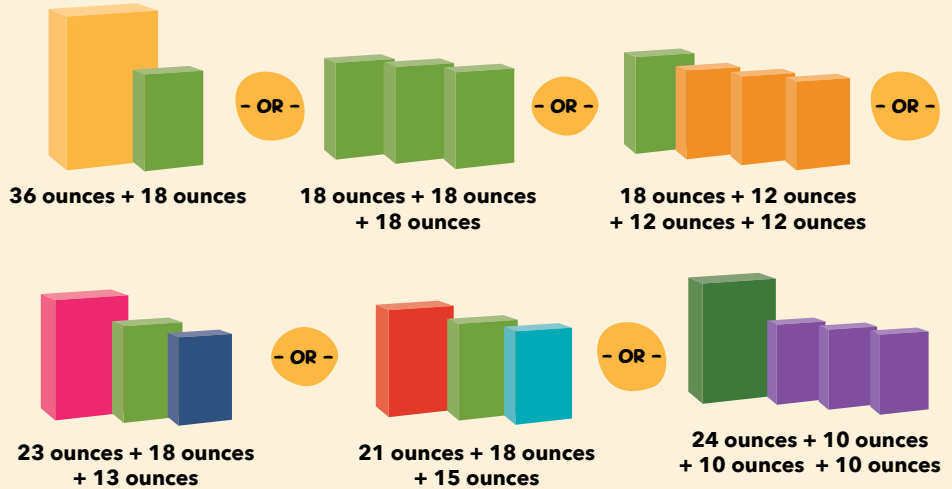
- Chocolate
- Original



### Quaker

- Instant Grits
- Instant Oatmeal

### Ways to buy 54 ounces of cereal:



Click or scan the code to watch a video about your cereal benefit.

# Whole Grains: 48 ounces per child



## BREAD

12 to 24-ounce loaves or packages



- Best Choice**
- 100% Whole Wheat



- Best Yet**
- 100% Whole Wheat



- Bunny**
- 100% Whole Wheat



- Great Value**
- Multigrain
  - Whole Wheat



- Lewis**
- Healthy Life 100% Whole Wheat



- Market Pantry**
- Whole Wheat



- Mrs. Baird's**
- 100% Whole Wheat
  - Sugar Free Whole Grain Wheat



- Nature's Own**
- 100% Whole Wheat Small Loaf
  - 100% Whole Wheat with Real Honey
  - Life Sugar Free 100% Whole Grain
  - Whole Wheat Hamburger Buns



- Oroweat**
- Whole Wheat
  - Whole Wheat English Muffins
  - Whole Wheat Hamburger Buns
  - Whole Wheat Sandwich Thins



- Ozark Hearth**
- Multigrain Hamburger Buns
  - Whole Wheat Hamburger Buns
  - Whole Wheat Hotdog 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**
- 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



- Toufayan**
- Multi Grain Pita
  - Whole Wheat Flat
  - Whole Wheat Pita



- Wonder**
- 100% Whole Wheat



- WinCo**
- Whole Wheat
  - Whole Wheat English Muffins

## WHOLE-WHEAT TORTILLAS

Any size package



**Best Choice**  
• 100% Whole Wheat



**Don Pancho**  
• Whole-wheat Taco Size



**Great Value**  
• Whole-wheat Taco Size



**Great Value**  
• Whole-wheat Taco Size



**La Banderita**  
• Whole-wheat Fajita Size



**Mama Lupe's**  
• 100% Whole-wheat Taco Size



**Mi Casa**  
• 100% Whole Wheat



**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

Any size package

All corn tortilla options are gluten free



**Best Choice**  
• Corn



**Chi Chi's**  
• White Corn



**Don Pancho**  
• White Corn



**Essential Everyday**  
• Soft 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



**Shur Fine**  
• Corn



**Tio Santi**  
• White Corn

## WHOLE-WHEAT PASTA

Any size package



**Allegra**  
• Spaghetti



**Barilla**  
• Angel Hair  
• Elbows  
• Linguine  
• Medium Shells  
• Penne  
• Rotini  
• Spaghetti  
• Thin Spaghetti



**Best Choice**  
• Rotini  
• Spaghetti



**Gia Russa**  
• Angel Hair  
• Lasagna  
• Linguine  
• Medium Shells  
• Penne Rigate  
• Roman Rigatoni  
• Rotini  
• Spaghetti  
• Thin Spaghetti



**Great Value**  
• Elbows  
• Linguine  
• Penne  
• Rotini  
• Spaghetti  
• Thin Spaghetti



**Hodgson Mill**  
• Angel Hair  
• Elbows  
• Lasagna  
• Spaghetti  
• Spinach Spaghetti  
• Spirals  
• Thin Spaghetti



**Racconto**  
• Capellini  
• Elbows  
• Farfalle  
• Linguine  
• Penne Rigate  
• Rigatoni  
• Rotini  
• Spaghetti



**Ronzoni Healthy Harvest**  
• Linguine  
• Penne Rigate  
• Rotini  
• Spaghetti  
• Thin Spaghetti



## OATMEAL

### Any size container

- No Individual Packets

GF = Gluten Free



### Always Save

- Old Fashioned Oats
- Quick Oats



### Best Choice

- Old Fashioned Oats
- Quick Oats



### Food Club

- Old Fashioned Oats
- Quick Oats



### Great Value

- Old Fashioned Oats
- Quick Oats



### MOM'S Best

- Old Fashioned Oats
- Quick Oats



### That's Smart

- Quick Oats



### Avelina

- Old Fashioned Oats
- Quick Cooking Oats



### Bob's Red Mill

- Rolled Oats



### Good & Gather

- Old Fashioned Oats
- Quick Oats



### McCann's

- Irish Oatmeal<sup>GF</sup>



### Quaker

- Overnight Oats
- Quick Oats
- Rolled Oats
- Steel Cut Oats

## Additional Whole-Grain Options

Must have whole grain as primary ingredient by weight.

### \* Not Authorized

- Organic

## BULGUR

Any Brand  
Any size package



## BROWN RICE

### Any Brand

Any size package

All brown rice options are gluten free



### Ben's Original

- Boil-in-Bag
- Instant
- Long Grain



### Blue Ribbon

- Long Grain



### Gourmet House

- Long Grain



### Lundberg

- Long Grain
- Wild Blend



### Par Excellence

- Long Grain



### Success

- Long Grain



### Best Choice

- Boil-in-Bag
- Instant
- Long Grain



### Essential Everyday

- Instant
- Long Grain



### Great Value

- Boil-in-Bag
- Instant
- Long Grain



### Mahatma

- Long Grain
- Jasmine



### Riceland

- Extra Long Grain



### Texmati

- Long Grain



### Best Yet

- Instant
- Long Grain



### Good & Gather

- Long Grain



### Gulf Pacific

- Long Grain



### Minute

- Instant
- Ready to Serve Cups



### Sarita

- Long Grain



### WinCo

- Long Grain



### Shurfine

- Instant
- Long Grain

## QUINOA

Any size package

All quinoa options are gluten free



**Bob's Red Mill**  
• Tri-Color



**Nature's Earthly Choice**  
• Quinoa



**RiceSelect**  
• Tri-Color Quinoa



**Roland**  
• Red Quinoa  
• White Quinoa



**Success**  
• Tri-Color Quinoa

## FLOURS AND GRAINS

16 to 64-ounce packages only. Must have benefits for multiple children to redeem packages over 54 ounces.

All flour and grain options are gluten free



**Bob's Red Mill**  
• Amaranth  
• Buckwheat  
• Whole Grain Teff



**Masa Brosa**  
• Instant Blue Corn Masa  
• Instant Corn Masa



**Maseca**  
• Corn Instant Masa  
• Corn Masa



**Tortillita Masa**  
• Corn Masa



Click or scan the code to watch a video about your **whole grains** benefit.

## Shelf-Stable Fish: 15 ounces per child



### TUNA

Any Brand

2.5 to 5-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



Click or scan the code to watch a video about your **shelf-stable fish** benefit.

### Ways to buy 15 ounces of shelf-stable fish:



Four 3.75-ounce cans

- OR -



Two 5-ounce cans and two 2.5-ounce pouches

- OR -



One 15-ounce can

- OR -



One 15-ounce can



Three 5-ounce cans/pouches

# Eggs: 3 dozen per child

**Least Cost Brand  
Medium or Large Dozen**

- Grade A or AA
- White and brown

- \* **Not Authorized**
  - Vitamin-enhanced eggs



# Legumes (Beans and Peas) and Peanut Butter: 3 containers per child



One container = 1 pound of dry beans or four 16-ounce cans of beans or one jar of peanut butter

## DRY LEGUMES (BEANS AND PEAS)

**Any Brand  
1-pound bag**

- Unflavored

- \* **Not Authorized**
  - Organic
  - Soup mixes



## 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)



## PEANUT BUTTER

**Any Brand  
16 to 18-ounce container only**

- Creamy or crunchy

- \* **Not Authorized**
  - Omega-3
  - Organic
  - Added chocolate, honey, jelly or marshmallow



Click or scan the code to watch a video about your **legumes and peanut butter** benefit.

### Ways to buy 3 containers of legumes and peanut butter:



**4 cans of beans, 1 bag of beans and 1 jar of peanut butter**

- OR -



**2 bags of beans and 4 cans of beans**

- OR -



**2 jars of peanut butter and 4 cans of beans**

# Did you know you can use Summer EBT benefits at authorized farmers markets and farm stands?



Chickasaw Nation EBT cards, including Summer EBT cards with available fruit and vegetable cash value benefits, can be used at farmers markets near you to purchase locally grown fresh fruits and vegetables.

- 1 Locate your nearest farmers market using the “Stores & Farm Stands” feature on the WICShopper app.
- 2 Visit selected farmers market and look for signage that says “Chickasaw Nation Farmers Market Approved Vendor.”
- 3 Select the fresh fruits and vegetables you wish to purchase.
- 4 Present the QR code on the back of your EBT card or “Farmers QR Code” from your WICShopper app to the vendor.
- 5 They will start the purchase, scan your QR code and complete the purchase.

Visit [Chickasaw.net/SummerEBT](https://Chickasaw.net/SummerEBT) or call for questions.



Click or scan the code to watch a video about using your benefits at **Farmers Markets**.

## Summer EBT Authorized Vendors

**Chickasaw Nation:**  
Click or scan the code to view  
**Summer EBT Authorized Vendors.**

**OKC Metro:**  
Click or scan the code to view  
**Summer EBT Authorized Vendors.**



## Summer EBT Best Practices:



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

- Repay in cash the value of the food benefits; or
- Lose your benefits from the Summer EBT program.

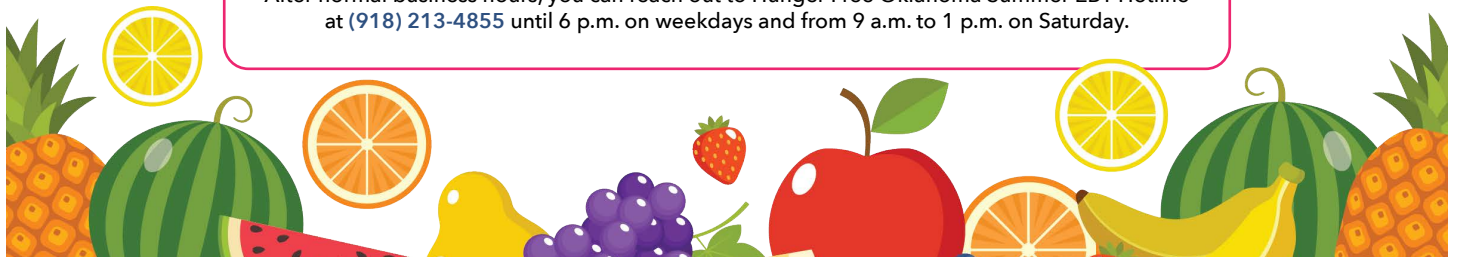
### Absolutely no:

- ⊘ Trading
- ⊘ Cash
- ⊘ Garage Sales
- ⊘ Giving Away
- ⊘ facebook
- ⊘ ebay
- ⊘ craigslist
- ⊘ Other Online Marketplaces

### Contact Chickasaw Nation Summer EBT at:

(580) 272-1178 or (844) 256-3467 from 8 a.m. to 5 p.m., Monday-Friday.

After normal business hours, you can reach out to Hunger Free Oklahoma Summer EBT Hotline at (918) 213-4855 until 6 p.m. on weekdays and from 9 a.m. to 1 p.m. on Saturday.



[chickasaw.net/SummerEBT](https://chickasaw.net/SummerEBT)

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