

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



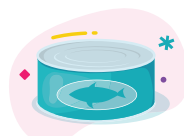
Fruits and Vegetables
Cash Value
\$33



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:

- Plain
- Vanilla

Nonfat:

- Plain



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



LALA

Low-fat:

- Plain
- Strawberry

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 Lactose Free

Low-fat:

- Black Cherry
- Peach
- Strawberry
- Vanilla

Activia 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
- Plain
- Strawberry
- Vanilla

Nonfat:

- Plain
- Strawberry
- Vanilla



Coburn Farms

Greek

Nonfat:

- Plain



Dannon

Light + Fit

Greek

Nonfat:

- Vanilla



Great Value

Greek

Nonfat:

- Plain
- Vanilla



Lucerne

Greek

Nonfat:

- Plain
- Vanilla
- Strawberry



Oikos Greek

Nonfat:

- Plain
- Vanilla



Oikos Triple Zero

Greek

Nonfat:

- 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^{GF}
- Multi Grain Cheerios^{GF}

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



Great Value

- Bran Flakes
- Corn Squares^{GF}
- Crunchy Nuggets
- Frosted Bite Size Shredded Wheat

- Oat Crunch
- Rice Squares^{GF}
- Toasted O's
- 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^{GF}
- Frosted Shredded Wheat
- Oat Wise
- Rice Biscuits^{GF}
- 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^{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



Malt-O-Meal

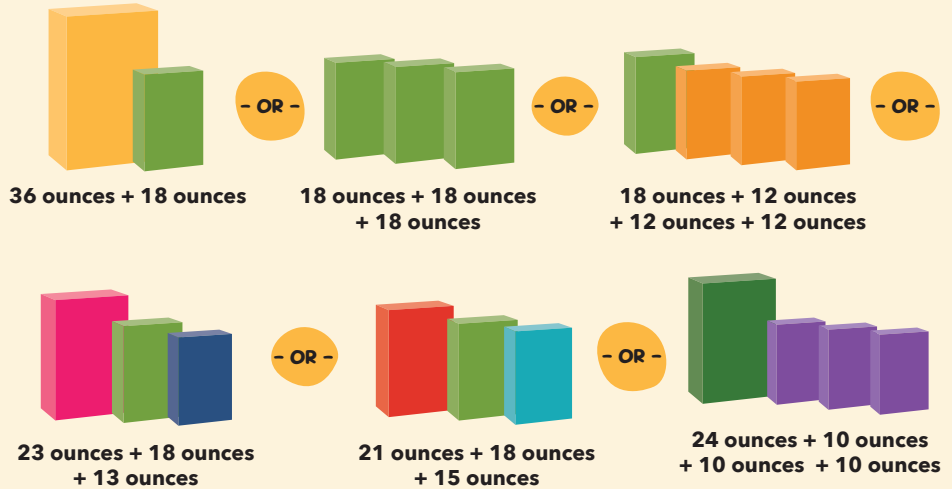
- Chocolate
- Original



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



Don Pancho
• White Corn



Great Value
• White Corn



La Banderita
• White Corn



Mission
• White Corn
• Yellow Corn



Santa Fe Tortilla Company
• White Corn
• Yellow Corn



Tio Santi
• White Corn



Chi Chi's
• White Corn



Essential Everyday
• Soft Corn



Guerrero
• Corn



La Burrita
• Corn



Ramirez and Sons
• Stone Ground Corn



Shur Fine
• Corn

WHOLE-WHEAT PASTA

Any size package



Allegra
• Spaghetti



Best Choice
• Rotini
• Spaghetti



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



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



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



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



Hodgson Mill
• Angel Hair
• Elbows
• Lasagna
• Spaghetti
• Spinach Spaghetti
• Spirals
• Thin 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^{GF}



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



Tort 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



2 bags of beans and 4 cans of beans



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 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.

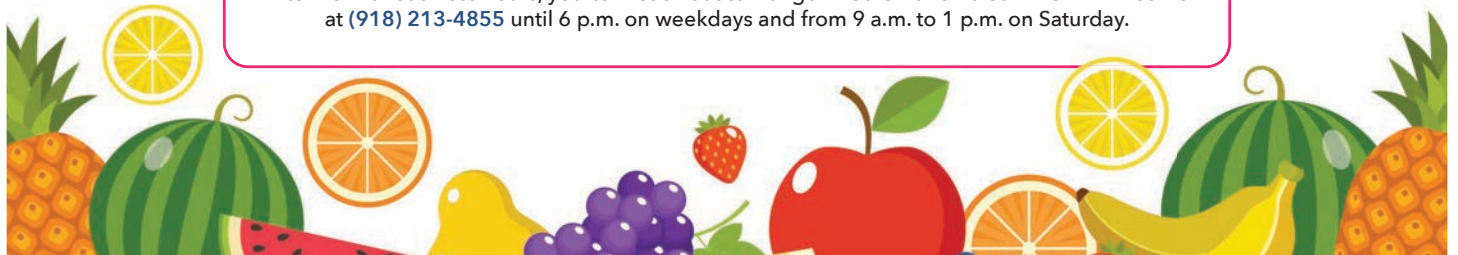
Absolutely no:

- ⊘ 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

USDA is an equal opportunity provider, employer, and lender.

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

