Summer EBT Approved Food List

THE CHICKASAW NATION SUMMER EBT

Effective
OCTOBER 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

Download on the App Store

GET IT ON Google Play

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

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

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**

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:

Three 32-ounce (quart) tubs

- OR -

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

Dannon All Natural
Low-fat:
- Plain
- Vanilla

Nonfat:
- Plain

Great Value
Nonfat:
- Plain

Hiland
Nonfat:
- Plain

LALA
Low-fat:
- Plain
- Strawberry

Lucerne
Low-fat:
- Strawberry
- Vanilla

Nonfat:
- Plain
- Vanilla

Mountain High
Low-fat and Nonfat:
- Plain
- Vanilla

Yoplait
Low-fat:
- Blueberry
- Harvest Peach
- Strawberry
- Strawberry Banana
- Vanilla

Nonfat:
- Plain

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

Nonfat:
- Plain
- Strawberry
- Vanilla

Coburn Farms Greek
Nonfat:
- Plain

Dannon Light + Fit Greek
Nonfat:
- Vanilla

Great Value Greek
Nonfat:
- Plain
- Vanilla
- Light 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
- Bran Flakes
- Wheat Flakes

General Mills
- Bluey
- Cheerios[GF]
- Multi Grain Cheerios[GF]
- Cheerios Hearty Nut Medley
- Cheerios Oat Crunch Berry
- Cheerios Veggie Blends Apple Strawberry[GF]
- Cheerios Veggie Blends Blueberry Banana[GF]
- Blueberry Chex[GF]
- Cinnamon Chex[GF]
- Corn Chex[GF]
- Rice Chex[GF]
- Strawberry Vanilla Chex[GF]
- Wheat Chex
- Fiber One Honey Clusters
- Berry Berry Kix
- Honey Kix
- Kix
- Mott's Apple Cinnamon
- Mott's Very Berry
- 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 Cocoa
- Frosted Mini Wheats Pumpkin Pie Spice
- Frosted Mini Wheats Strawberry
- Little Bites Frosted Mini Wheats
- Little Bites Frosted Mini Wheats Chocolate
- Raisin Bran
- Special K Cinnamon and Pecan

Kiggins
- Bite Size Shredded Wheat – Frosted
- Rollin' Oats

Malt-O-Meal
- Frosted Mini Spooners
- Raisin Bran

Post
- Bran Flakes
- Grape Nuts
- Grape Nuts Flakes
- Great Grains Banana Nut Crunch
- Great Grains Cranberry Almond Crunch
- Great Grains Crunchy Pecan
- Great Grains Raisin Date Pecan
- Great Grains Red Berry Almond Crunch
- Raisin Bran

Quaker
- Life Cereal Original
- Life Cereal Vanilla
- Oatmeal Squares Brown Sugar
- Oatmeal Squares Cinnamon
- Oatmeal Squares Golden Maple
- Oatmeal Squares Honey Nut

Ralston
- Corn Biscuits[GF]
- Frosted Shredded Wheat
- Oat Wise
- Rice Biscuits[GF]
- Tasteeos
- Wheat Bran Flakes

HOT CEREAL

Allowed in 9.8-ounce to 36-ounce size only

GF = Gluten Free

B&G Foods, Inc.

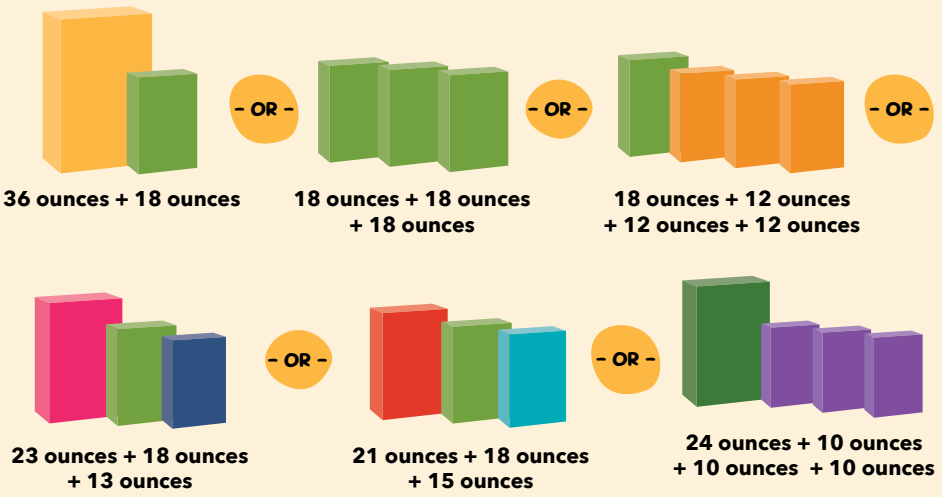
B & G Foods
- Cream of Rice Original[GF]
- Cream of Wheat 1 Minute
- Cream of Wheat 2½ Minute
- Cream of Wheat 10 Minute
- Cream of Wheat Whole Grain Instant
- Cream of Wheat Whole Grain 2½ Minute

Malt-O-Meal
- Chocolate
- Original

Quaker
- Instant Grits
- Instant Oatmeal

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

Ways to buy 54 ounces of cereal:



Whole Grains: 48 ounces per child

BREAD

12 to 24-ounce loaves or packages

Best Choice
- 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
- 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

Great Value
- Whole-wheat Taco Size

La Banderita
- Whole-wheat Fajita Size

Mi Casa
- 100% Whole Wheat

Ortega
- Whole-wheat

Tio Santi
- 100% Whole-wheat Taco Size

Don Pancho
- Whole-wheat Taco Size

Great Value
- Whole-wheat Taco Size

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

Mission
- Whole-wheat Fajita Size
- Whole-wheat Taco Size

Santa Fe Tortilla Company
- Whole-wheat

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

Shurfine
- 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

Avelina
- Old Fashioned Oats
- Quick Cooking Oats

Best Choice
- Old Fashioned Oats
- Quick Oats

Bob's Red Mill
- Rolled Oats

Food Club
- Old Fashioned Oats
- Quick Oats

Good & Gather
- Old Fashioned Oats
- Quick Oats

Great Value
- Old Fashioned Oats
- Quick Oats

McCann's
- Irish Oatmeal[GF]

MOM's Best
- Old Fashioned Oats
- Quick Oats

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

That's Smart
- Quick 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

Best Choice
- Boil-in-Bag
- Instant
- Long Grain

Blue Ribbon
- Long Grain

Essential Everyday
- Instant
- Long Grain

Good & Gather
- Long Grain

Gourmet House
- Long Grain

Great Value
- Boil-in-Bag
- Instant
- Long Grain

Gulf Pacific
- Long Grain

Lundberg
- Long Grain
- Wild Blend

Mahatma
- Long Grain
- Jasmine

Minute
- Instant
- Ready to Serve Cups

Par Excellence
- Long Grain

Riceland
- Extra Long Grain

Sarita
- Long Grain

Shurfine
- Instant
- Long Grain

Success
- Long Grain

Texmati
- Long Grain

WinCo
- 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

Torti 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

One 15-ounce can

- OR -

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** 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.

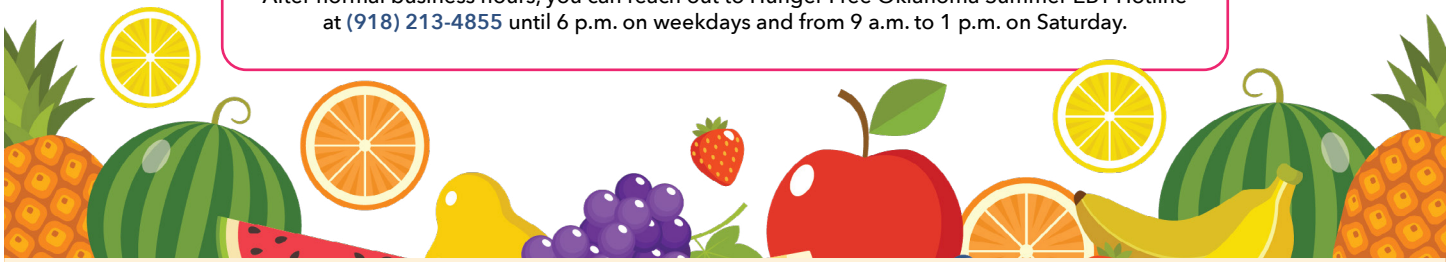
Absolutely no:

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

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

THE CHICKASAW NATION SUMMER EBT