



Taropwen Tettenin Mwongo

**Ewe guide ngeni Oregon WIC ren
ekkewe mwongo mi fich**



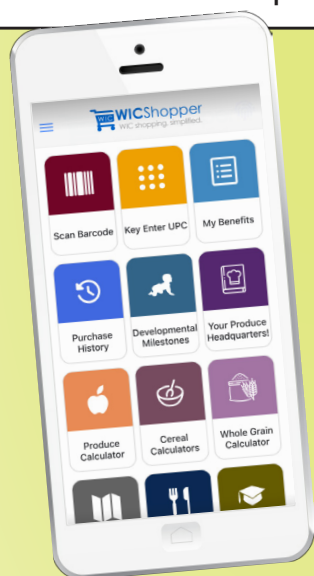
AMARII POCHOKUNEN NESOR ME PONON

PWOPWUTA SENI JULY 1, 2025

Ifa usun an ewe WICShopper App an epwe tongeni anisuk me shopping?

Nounou ewe WICShopper app ren omw kopwe:

- Katon ika fite masowen noumw na benefit.
- Scan ini ekkewe barcode ren omw kopwe kuta ekkewe mwongen WIC.
- Nounou ewe FOOD LIST non ena app an epwe anisuk me kuta ekkewe brands me keukun.
- Kuta ekkewe sitowa ir mi kan angei WIC.
- Kuta ekkewe recipe.



Kopwe download ini ewe WICShopper App iwe ka register ini noumw ewe eWIC card ikenai!

**ina mi or won iPhone me Android.*



Shopping Tip

Mi or omw osukosuken connection me non sitowa?

Sosot me sukki ena App mwen omw kopwe tonong non ena sitowa.

Taropwen mongo mii fich

Kopwe tongeni kopwe nounou ewe taropwen tettenin mwongo ren omw kopwe fini ekkewe mongo ren sokkun brand me saisin ekkewe sokkun mongo. Katon ena Taropwen Tettenin Mwongo ren omw kopwe tongeni penuweni ekkei kappas eis:

- **Met sokkun brand ren mongo ngang mi tongeni meni?**
- **Ifan ukukun nenen ena mongo mi mwumwuta?**
- **Met sokkun flavor upwe tongeni fini?**

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Feun ira me Masowen non atake

Minafon foun ira me masowen non atake

✓ KAMO

- Ewe mi unus, ika katetiwi ika tatakis, ika nom non chota
- Salad me greens non chota
- Minafon herbs (ren cilantro ika parsley)
- Ekkewe aa feito seni masowen non atake ese pwan or safei non iwe mi eoch

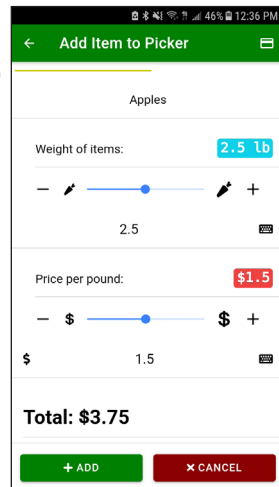
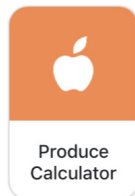
❌ KOSAPW MENI

- Esapw pwan or ekkewe salad bar items me deli
- Esapw pwan or dressing me dip
- Esapw pwan or ekkewe foun nuts, feun ira mi pwas, croutons
- Esapw pwan or spices me ekkewe herbs mi pwas
- Esapw or ira



Shopping Tip

Nounou ena Produce Calculator non ena WICShopper App omw kopwe tongeni katon me apacha ika aa fite nusun mwonien ren omw kopwe tongeni kamo ekkewe feun ira me masowen non atake.



Feun ira me Masowen non atake

Ekkewe foun ira me masowen non atake mi frozen

✓ KAMO

- Unus, mi katetiwi, ika mi nofit fengen
- Ekkewe foun beans mi feu mi pwan eoch (ren chowean lima beans, edamame me black-eyed peas)
- Ekkewe aa feito seni masowen non atake ese pwan or safei non mi eoch

❌ KOSAPW MENI

- Eseor suke, kiris, me oin
- Eseor non ewe sauce me krimen iran non atake
- Eseor non rais, pasta, futuk, nuts, ika ramen
- Esapw pwan french fries, hash browns, potatoes O'Brien, ika tater tots
- Eseor ekkewe pinawa ika battered iran atake non



Masowen non atake mi frozen

Foun ira non tin

✓ KAMO

- Ekkewe foun ira ir mi nomw non konik ika juice nge ese pwan or suke non
- Ese pwan nifinfin container, ika ekkewe plastic multi-packs
- Natural ika unsweetened applesauce mi eoch
- Ekkewe aa feito seni masowen non atake ese pwan or safei non mi eoch



❌ KOSAPW MENI

- Esapw pwan or syrup non, ren ekkewe mi heavy, light ika extra light
- Esapw pwan or ekkewe artificial sweeteners ika no-calorie sweeteners ika ekkewe esapw or suke non
- Esapw or ekkewe fruit cocktail ika mixed fruit mi fiti cherries

Masowen non atake non tin

✓ KAMO

- Masowen non atake ese pwan or kiris ika fats non
- Tomatoes mi eoch (ren chowean whole, strained, crushed, diced, paste ika purees)
- Ekkewe aa feito seni masowen non atake ese pwan or safei non mi eoch



❌ KOSAPW MENI

- Esapw or ekkewe nofit fengen ren mature beans, ren chowean kidney ika black beans
- Esapw or pickled, creamed ika sauced ren ekkewe masowen non atake non tin
- Esapw or salsa, stewed tomatoes ika tomato sauces

Met ekkewe en mi tongeni omw kopwe meni ren whole grains

WIC mi awora:

- Ekkewe pinawa 100% whole wheat
- Ekkewe pita pinawa me naan whole wheat
- Ekkewe pinawa mi gluten free who grain
- Ekkewe pinawa mi fouxukumos pachach motoutou (Soft corn tortillas)
- Ewe pinawa mi feukukumos chachak mi unus ewe wit non (Whole wheat tortilla)
- Ewe pinawa mi amas ra kan mina ngeni pasta ika ewe sokkun pasta mi unus ewe wit non (Whole wheat pasta)
- Feufeu sirion (Oats)
- Whole grains non chota

En mi tongeni kopwe fan ew ii chok omw kopwe meni ekkewe sokopaten type en grain ren noumw ewe whole grain benefit.

Awewe chok, ika pwe noumw ewe benefit aa era pwe mi or **24 oz. ren whole grains**, iwe en mi tongeni meni:



16 oz

ME



Pinawa mi feukukumos pachach

8 oz

Ika pwe noumw ewe benefit mi pwan era pwe mi or **48 oz. ren whole grains**, en mi tongeni meni:



Pinawa mi 100% Whole Wheat
20 oz.

ME



16 oz.

ME



12 oz.

✓ KAMO

- 12 oz. ngeni 32 oz. saís
- Ese pwan nifinfin brand
- Chotan pinawa, buns, rolls, English muffin ika bagel
- Epwe mak "100% whole wheat" mwan ena label



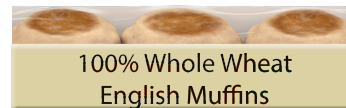
Pinawa mi 100% Whole Wheat

✗ KOSAPW MENI

- Esapw or light ika "lite" pinawa ika carb controlled
- Eseor ewe mongon atake ese safei

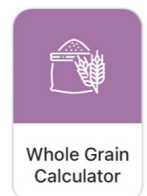


Bagels mi 100% Whole Wheat



Shopping Tip

Nounou ena Whole Grain calculator non ena WICShopper App omw kopwe track unusen noumw ena whole grain benefits nupwen omw shopping.



Whole Wheat Pita me Naan

Ewe Pinawa mi Gluten-Free Whole Grain

 KAMO

- 11 oz. ngeni 24 oz. saís
- Kopwe chok tongeni fini seni ekkei sokkun brands:



Pita Flatbread Wheat



Puffed Up & Proud Whole Wheat Pita



Fresh Signature Whole Wheat Pita



Greek Style Whole Wheat Pita



Whole Wheat Greek Style Pita



Greek Pita Whole Wheat



Artisan Whole Wheat Naan



 KAMO

- 12 oz. ngeni 24 oz. saís
- En mi tongeni fini seni ekkei chok sokkun brand:



**Franz
Gluten Free**

- Great Seed Bread
- Mountain White Bread
- Seven Grain Bread
- Hawaiian Bread
- Hamburger Buns
- Hot Dog Buns



**Food for Life
Gluten Free**

- Brown Rice Bread
- Brown Rice English Muffins
- Brown Rice Tortillas
- Multi-Seed English Muffins



**Canyon Bakehouse
Gluten Free 100% Whole Grain**

- | | |
|------------------------------------|-------------------------------------|
| • Ancient Grain | • Plain Bagels |
| • Mountain White Bread | • Everything Bagels |
| • 7-Grain Bread | • Deli White Bagels |
| • Country White Bread | • Burger Buns |
| • Heritage Style Whole Grain Bread | • Sub Rolls |
| • Heritage Style Honey White | • Honey Whole Grain English Muffins |
| • Cinnamon Raisin Bread | |
| • Hawaiian Sweet Bread | |

Corn Tortillas, Whole Wheat Tortillas

Pinawa mi feukukumos pachach (Corn tortillas)

✓ KAMO

- 8 oz. ngeni 80 oz. saís
- Epwe chok pwechepwech motoutou ika ekkewe mi on tortilla
- En mi tongeni fini seni ekkei chok sokkun brand:

Calidad
Don Pancho
Essential Everyday
Guerrero F
IGA
Kroger
La Banderita
La Burrita
Mission
Signature Select



F 15% Daily Value (DV)
ren folate

⊘ KOSAPW MENI

- Esapw or ekkewe (tortillas) epwe furain ika ekkewe chips
- Esapw organic ika esapw or mongon atake non me ekkewe epwe chomong watte

Ewe pinawa mi feukukumos chachak mi unus ewe wit non (Whole wheat tortilla)

✓ KAMO

- 8 oz. ngeni 48 oz. saís
- 100% whole wheat ekkewe pinawa mi foukukumos chachak (tortillas)
- En mi tongeni fini seni ekkei chok sokkun brand:

DeCasa	La Banderita
Essential Everyday	Market Pantry
Great Value	Mission
Guerrero	Ortega
Kroger	Signature Select



⊘ KOSAPW MENI

- Esapw or ekkewe (tortillas) epwe furain ika ekkewe chips
- Esapw or pinawa mi pwech mi amas ren ekkewe pinawa mi foukukumos pachach (tortillas)
- Esapw organic ika esapw or mongon atake non me ekkewe epwe chomong watte
- Esapw or ewe carb controlled

Whole Wheat Pasta, Feufeun sirion (Oats)

Ewe pinawa mi amas ra kan mina ngeni pasta ika ewe sokkun pasta mi unus ewe wit non (Whole wheat pasta)

✓ KAMO

- 16 oz. ngeni 32 oz. saís
- Ese pwan nifinifin napanapan ena whole grain ika whole wheat pasta
- En mi tongeni fini seni ekkei chok sokkun brand:

Barilla	Kroger
Essential Everyday	Ronzoni
Food Club	Signature Select
Great Value	WinCo Foods



⊘ KOSAPW MENI

- Esapw organic ika esapw or mongon atake non me ekkewe epwe chomong watte

✓ KAMO

- 16 oz. ngeni 42 oz. saís
- Ese pwan nifinifin brand
- Quick, rolled me old-fashioned oats
- Ekkewe oats mi gluten-free mi pwan eoch
- Ekkewe aa feito seni masowen non atake ese pwan or safei non mi eoch



Feufeun sirion

⊘ KOSAPW MENI

- Esapw or ekkewe ir mi kai me kuk (ika pwe kopwe kamo ekkewe whole grain)
- Esapw or bulk
- Esapw or ewe katen steel, me ekkewe oats ren Scottish



Shopping Tip

Ewe oatmeal ew cereal ika ew whole grain me non mongon WIC?

Oats re nom non pwor, chota, ika tub ir whole grain benefit. Ekkewe oatmeal mi mwitir me kuk re kan nomw non ekkewe single-serving packets iwe ir cereal benefit.

✓ **KAMO**

- 12 oz. ngeni 32 oz. saís
- Ese pwan nifinifin brand
- Non chota ika pwor iwe mi pwan eoch
- Nge epwe “whole grain”
- Mwitir ren “minich” me pwuur re kan nomw non chota ren rice iwe mi pwan eoch
- Ekkewe aa feito seni masowen non atake ese pwan or safei non mi eoch
- Kopwe fini seni ekkei whole grains:

Amaranth

Black Rice

Rais mi kung (Brown Rice)

(ekkewe mi kung jasmine me ekkewe basmati rice mi kung mi pwan eoch)

Buckwheat

Ewe sirion ee for seni en wit iwe ra kuku apwasa (Bulgur)

Kamut

Millet

Quinoa

Red Rice

Sorghum

Teff

Wheat Berries

Wild Rice

⊗ **KOSAPW MENI**

- Esapw or bulk
- Esapw pwan or kare, suke, kiris, oin, me son
- Esapw pwan or white rice
- Esapw or milled, pearled, ika sprouted



Rais mi kung



Ewe sirion ee for seni en wit iwe ra kuku apwasa

Ikkei pwan ekkoch anen omw kopwe pwan tongeni kuku whole grains:



Fosun Merika



✓ **KAMO**

- 22 oz. ngeni 60 oz. saís
- En mi tongeni fini seni ekkei chok sokkun brand:



Corn Masa Flour, Instant



Antojitos Instant Corn Masa Flour
Amarillo Instant Yellow Corn
Masa Flour



Golden Corn Flour Masa
Harina, Regular me Organic

Corn meal

✓ **KAMO**

- 22 oz. ngeni 60 oz. saís
- En mi tongeni fini seni ekkei sokkun brand Chok:



Cornmeal Coarse Grind
Cornmeal Medium Grind
Cornmeal Medium Grind, Organic



Pre-cooked White Corn Meal
Pre-cooked Whole Grain White Corn Meal



Yellow Corn Meal



Yellow Corn Meal



Yellow Corn Meal ren Baking

Kamon minik

Meininis miniken WIC repwe pasteurized ika epwe or ewe
Vitamin D non

✓ KAMO

- Ese pwan nifinifin brand
- Skim Delux, Ultra, Creamy, Royale, Supreme, etc. ir mi pwan eoch

⊘ KOSAPW MENI

- Eseor ewe rais minik, almond minik, butter minik, nenan minik, minik mi amas iwe A2 minik
- Eseor ewe mongon atake ese safei (No organic)
- Ese or Omega 3 me faitamin E non
- Esapw pwan or ekkewe metoch ren chowean pen rume

Kopwe meni ena sokkun minik mi pwisin afatetiw won noum ewe taropwen benefit:

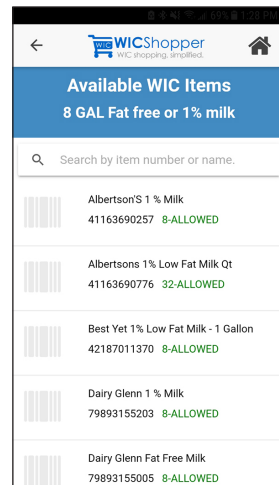
- **1% Lowfat ika Fat Free Milk** - ren watte me semirit aa 2 ierir ika fen ekkan ra watte (Fat free me skim milk nene chok)
- **Whole milk ika minik** ren semirit aa 1 ierir

Porous ngeni omw ewe WIC clinic ren omw kopwe tongeni angei ekkei sokkun minik:

- Ewe minik Acidophilus
- Ewe minik ese kan ameteki nukach ren mi lactose-free
- Dry non-fat milk (25.6 oz. saisin)
- Evaporated milk (12 oz. non tin)
- Miniken sikke (goat)
- Soy ika ewe plant beverage

Shopping Tip

Nounou ena app ren omw kopwe katon met sokkun minik mi nomw won noumw ena taropwen benefit. Kopwe scan ini ena barcode ren omw kopwe katon ika mi mwumwuta.



Ekkoch awewe ren omw kopwe tongeni achupa ekkena container un minik ren saisir



1.0 GAL = Kanonun Minik



ME



0.75 GAL = Esopw-Kanonun Minik me Quart Minik



0.5 GAL = Minik Esopw-Gallon



0.25 GAL = Minik Quart

KAMO

- Ika pwe ke mwochen soy ika ewe pant beverage, iwe porous ngeni omw ewe WIC clinic
- Kopwe fini seni ekkei sokkun chok brands me products :

Epwe nomw non icebox



bettergoods Soy milk
original
1/2 GAL (64 oz.)



Silk Kids
oatmilk blend
59 oz.



Silk
original
64 oz. ika 128 oz.

Won sanif



Pacific Ultra Soy
original
32 oz.



Silk
original
32 oz.



ripple Plant-Based Milk
original
32 oz.

32 oz. = eunen ruwanu
64 oz. = esopw kanon
128 oz. = ew gallon

KAMO

- Ika pw eke mwochen ewe miniken sikke (goat), iwe porous ngeni omw ewe WIC clinic
- Kopwe chok meni ewe sokkun miniken sikke ee mak won noum ewe taropwen benefit (whole, lowfat)
- Epwe chok Meyenberg Goat Milk ena kopwe tongeni meni



Whole
Miniken Sikke
32 oz. ika 64 oz.



Lowfat
Miniken Sikke
32 oz.



Whole evaporated
Evaporated miniken sikke
12 oz. non tin



Whole powdered
Miniken sikke mi powder
12 oz. non tin
12 oz. non pouch

Chis (Cheese)

Ewe ew mongo mi fito seni minik (Yogurt)

✓
 KAMO

- 8, 16, ika 32 oz. packages chok, ee for non U.S.A.
- Mozzarella string cheese non 16 oz. (1 lb.) saisin chok
- Sliced me shredded cheese mi pwan eoch
- Ese pwan nifinifin brand:

Cheddar (mild, medium ika sharp)
 Cheddar-Jack
 Colby
 Colby-Jack
 Monterey Jack
 Mozzarella
 Muenster
 Provolone
 Swiss



✗
 KOSAPW MENI

- Esapw pwan or ekkewe mi sharp, ika cheese mi white cheddar
- Esapw pwan deli cheese
- Esapw or ewe organic, soy, sikke, ika raw cheese
- Esapw or ewe cheese foods ika spreads (usun Velveeta)
- Esapw or ewe smoked ika nenan ewe cheese ren ekkewe metoch mi kapach ngeni chowean jalapeño mwik me ekkewe foun ira caraway
- Esapw or ewe fresh Mozzarella (ee nom nonn konik)

✓
 KAMO

- 32 oz. (ika 1 quart) non chok containers
- Kopwe chok tongeni meni ewe sokkun yogurt mi makketiw won noumw ewe benefit list (whole, lowfat ika nonfat)
- Kopwe chok tongeni fini nein ekkei brands me flavors ee mak

✗
 KOSAPW MENI

- Esapw or ewe “light” yogurts
- Esapw or ekkewe yogurts mi fiti artificial sweeteners, ren chowean aspartame ika sucralose

Whole Milk Yogurt (semirit ra ier 1)			
 Greek, whole, plain	 Whole, plain Whole, vanilla Whole, maple	 Whole, plain	 Whole, plain
 Greek, whole, plain	 Whole, plain Greek, whole, plain	 Whole, plain Whole, vanilla Whole, strawberry	 Whole, honey Organic, whole, plain Organic, whole, vanilla
 Whole, plain Whole, banana Whole, strawberry Whole, vanilla	 Whole, plain	 Whole, plain Whole, vanilla	Ika pwe ke mwochen lowfat yogurt, porous ngeni noumw ewe WIC clinic.
Ese watte kiris (Lowfat) ika eseor kiris non (Nonfat) Yogurt			
 Eseor kiris, mi chok plain Greek Nonfat, plain Greek Nonfat, vanilla	 Eseor kiris, mi chok plain Eseor kiris, vanilla Eseor kiris, strawberry Ese watte kiris, mi chok plain Ese watte suke, lowfat, Vanilla & Cinnamon	 Eseor kiris, mi chok plain Light & Fit Greek, nonfat, plain Ese watte kiris, mi chok plain	

Ewe ew mongo mi fito seni minik (Yogurt)

Tofu, Sokun (Eggs)

Ese watte kiris (Lowfat) ika eseor kiris non (Nonfat) Yogurt, sopwosopwono		
 Eseor kiris, Plain	 Greek, Eseor kiris, Plain Ese watte kiris, Plain	 Greek, Eseor kiris, Plain Greek, Eseor kiris, Vanilla
 Eseor kiris, Plain	 Greek, Eseor kiris, Plain	 Ese watte kiris, Plain
 Eseor kiris, Plain Greek, Eseor kiris, Plain	 Eseor kiris, Plain Eseor kiris, Vanilla Ese watte kiris, Plain Ese watte kiris, Vanilla	 Eseor kiris, Plain Eseor kiris, Vanilla Ese watte kiris, Plain Organic, Eseor kiris, Plain Organic, Eseor kiris, Vanilla Organic, Ese watte kiris, Plain
 Eseor kiris, Vanilla	 Greek, 0%, Plain	 Eseor kiris, Plain Eseor kiris, Vanilla Greek, Eseor kiris, Plain Ese watte kiris, Plain Ese watte kiris, Vanilla
 Ese watte kiris, Vanilla Ese watte kiris, Strawberry Ese watte kiris, Peach	 Eseor kiris, Plain Greek, Eseor kiris, Plain Greek, Eseor kiris, Vanilla	 Greek, Eseor kiris, Plain

Ewe mongo ra angei seni fofoun bean (Tofu)

✓ KAMO 14 oz. ngeni 16 oz. containers (CTR) chok - Ika pwe ke mwochen tofu nge esapw minik, iwe porous ngeni omw ewe WIC clinic - Water packed - En mi tongeni kopwe chok fini me nein ekkei brands me products ir mi nomw non icebox:	⊗ KOSAPW MENI Esapw ekkewe containers kukun seni 14 oz.
 16 oz. Firm ika Extra Firm	 14 oz. Firm ika Extra Firm
 14 oz. Premium ika Organic: Medium Firm or Firm 16 oz. Premium: Medium Firm, Firm, or Extra Firm	 14 oz. Organic Medium Firm, Firm, Extra Firm ika Pressed Firm 16 oz. Soft, Medium Firm, Firm or Extra Firm
 14 oz. Organic Firm ika Extra Firm 16 oz Organic Silken	 14 oz. Firm ika Extra Firm 15.5 oz. Extra Firm

Sokun (Eggs)

✓ KAMO - Ekkewe chotan engon me ru non chok - Ese pwan nifinifin brand - Ese pwan nifinifin saisin sokkun - Ekkewe mi pwech ika kung sokkunen chuko	⊗ KOSAPW MENI - Esapw or ekkewe specialty sokkun (ren watten Omega-3 ika Vitamin E) - Esapw pwan ekkewe free-range ika pasture-raised - Eseor ewe mongon atake ese safai (No organic)
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Peanut, Nut me Seed Butters

Peanut butter

Almond butter

✓ KAMO

- 16 to 18 oz. ren an epwe chok non containers
- Ekkewe aa feito seni masowen non atake ese pwan or safei non mi eoch
- Creamy ika sungurungur mi pwan eoch
- Fini me enin ekkewe nut me seed butters mi makketiw fan na

⊗ KOSAPW MENI

- Esapw pwan or ewe “spread” ika honey roasted
- Esapw pwan or ewe low-fat ika reduced-fat nut butter
- Esapw pwan or ekkewe jelly, marshmallows, chocolate, ika honey epwe pwan kapachenong
- Esapw pwan or Omega-3
- Esapw pwan or bulk, ika omw kopwe pwisin grind onomw

Peanut butter



Ese pwan nifinifin brand ren peanut butter

Almond butter



Almond Butter
Creamy, eruu

Almond Butter
Crunchy, eruu



Almond Butter
Creamy, eruu

Almond Butter
Crunchy, eruu



Almond Butter
Smooth, eruu

Almond Butter
Crunchy, eruu

Peanut, Nut me Seed Butters

Sunflower butter

Tahini ika Sesame Seed

Sunflower butter



Natural

Esapw pwan or Suke Non (No Sugar Added)

Tahini ika sesame seed



Roasted Sesame Tahini



100% Ground Sesame Seeds



Organic Tahini Ground Sesame Seed



Tahini

Peas mi pwaas, Beans me Lentils Foun ira non tin (Canned beans)

lik non tin

Omw kopwe kamo ekkewe peas mi pwaas, beans, lentils me beans non tin

Ew CTR = Ew 16 oz. chota ika Ruwanu 15-16 oz. tin



ika

✓ KAMO

- 2.5 oz. ngeni 20 oz. sais
- Ese pwan nifinifin brand nge epwe chok mak light tuna ika ikenen non konik ren salmon repwe anomu non chota nge epwe nom non konik ika kiris
- Pouches mi pwan eoch
- Epwe 3.75 non chok tin
- Kopwe chok fini ekkei sokkun brands ren satin non konik:



Beach Cliff
Satin non konik
(Sardines in water)
3.75 oz. sais



Satin non konik
(Sardines in water)
3.75 oz. sais



Satin non konik
(Sardines in water)
3.75 oz. sais

⊘ KOSAPW MENI

- Esapw or flavored ika son won ekkewe iik ren tuna, salmon, ika satin
- Esapw pwan or albacore, yellowfin, ika tongol tuna
- Esapw pwan or sáttin iik
- Esapw ekkewe iik re kan supwuri, ren chowean pole-caught tuna

Pwan ekkoch wewe ren omw kopwe ifan me achufengeni ekkewe ikkenen non tin ren ukukur



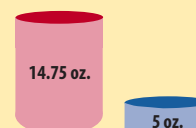
= 5.2 oz.



= 10 oz.



= 15 oz.



= 19.75 oz.

✓ KAMO

- 16 oz. ika 32 oz. ren potoun chok
- Ese pwan nifinifin brand me sokopaten type
- Ekkewe aa feito seni masowen non atake ese pwan or safei non mi eoch

⊘ KOSAPW MENI

- Esapw pwan son
- Esapw or bulk

Foun ira non tin

✓ KAMO

- Epwe chok 15 oz. ngeni 16 oz. non tin
- Ese pwan nifinifin brand me sokopaten beans
- Ewe mi kukun son non ren beans mi eoch
- Ekkewe aa feito seni masowen non atake ese pwan or safei non mi eoch

⊘ KOSAPW MENI

- Esapw pwan or ewe mi pin furain, bake me ekkewe mi anuwen fetin
- Esapw pwan or ewe kiris me son me sokkopaten son

Kamon sirion

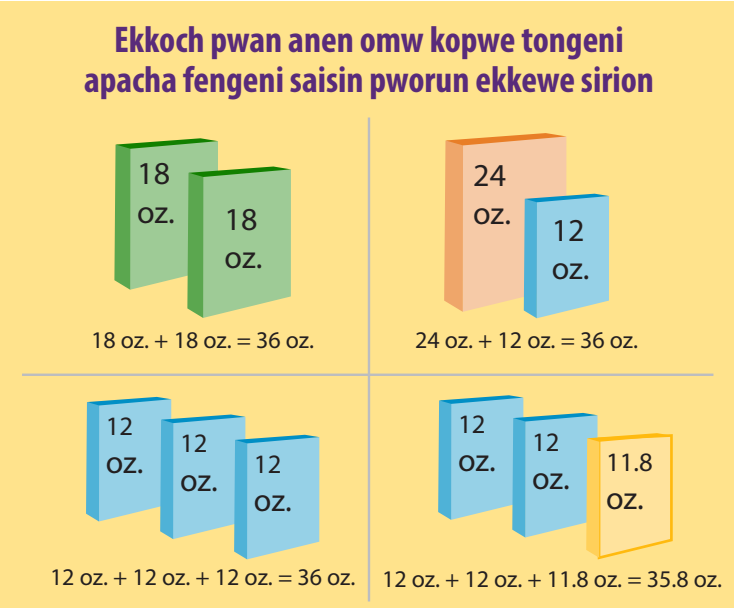
Kopwe nengeniochu ekkena asisinen won ekkena taropwen mongo ren omw kopwe tongeni fini meni ekkewe mongo ika sirion mi or folic acid, me pwan whole grain ika ewe gluten free

- F** 100% Daily Value (DV) ren folate
- G** Kompenien sirion ra apasa pwe ar kewe sirion meinisin mi gluten free
- W** Mi for seni whole grains iwe pwan watte fiber non

Ewe kukunun package en mi tongeni meni:

- 12 oz. cold cereal
- 9.8 oz. hot cereal

Ina kopwe angei ukukun 9.8 oz. non omw ena cereal benefit omw kopwe tongeni nounou.



☒ **KAMO**

- 12 oz. ngeni 36 oz. sais
- Kopwe chok tongeni fini nein ekkei brands me flavors aa makketiw fan na

Kellogg's		
 Kashi Blueberry Clusters	 	 Corn Flakes (original)
 Frosted Mini Wheats Blueberry Muffins	 	
 Frosted Mini Wheats Cinnamon Roll	 	 Frosted Mini Wheats Golden Honey
 Frosted Mini Wheats Little Bites	 	
 Frosted Mini Wheats Original	 	 Frosted Mini Wheats Pumpkin Pie Spice
 Frosted Mini Wheats Strawberry	 	
 Rice Krispies		 Special K

Cold Cereal

Cold Cereal

General Mills



W
G

Cheerios (plain)



W
G
F

Cheerios Multi Grain



W
G

Cheerios Veggie Blends Apple Strawberry



W
G

Cheerios Veggie Blends Blueberry Banana



W
G

Blueberry Chex



W
G

Cinnamon Chex



W
G

Corn Chex



W
G

Rice Chex



W

Wheat Chex



W

Kix (original)



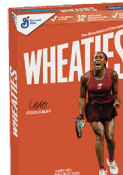
W

Fiber One Honey Clusters



W
F

Total Whole Grain



W

Wheaties (original)

Malt-O-Meal (pwor ika chota)



W

Frosted Mini Spooners (original)

Post



W

Grape Nuts



W

Grape Nuts Flakes



W

Great Grains Banana Nut Crunch



W

Great Grains Crunchy Pecan



F

Honey Bunches of Oats Almond



F

Honey Bunches of Oats Cinnamon Bunches



F

Honey Bunches of Oats Honey Roasted



F

Honey Bunches of Oats Maple & Pecans



F

Honey Bunches of Oats Vanilla

Cold Cereal

Hot Cereal

Quaker



W

Life
(original)



W

Oatmeal Squares
Brown Sugar



W

Oatmeal Squares
Honey Nut

The Silver Palate



W

Grain Berry
Apple Cinnamon



W

Grain Berry
Multi-Bran Flakes



W

Grain Berry
Cinnamon Frosted
Shredded Wheat



W

Grain Berry
Original Toasted Oats

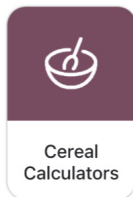
Bran Flakes - private label



W

F

Best Yet
Food Club
Great Value
IGA
Signature Select
WinCo Foods



Shopping Tip

Nounou ena Cereal calculator non ena WICShopper App omw
kopwe track ika aa fite noumw na cereal benefits nupwen
omw ka shopping.



MENI Fini me nein ekkei brands non 9.8 oz. ngeni 36 oz. saís



W

Cream of Wheat Whole Grain
2½ Minute

Esapw pwan Instant



Cream of Wheat Plain
1 Minich ika 2½ Minich

Esapw pwan Instant



G

Cream of Rice Plain

Esapw pwan Instant



Malt-O-Meal
Original



W

Quaker Instant Oatmeal
(Single serving packets)



Quaker Instant Grits
Original
(Single serving packets)



W

Plain Instant Oatmeal
(Single serving packets)

Best Yet
Essential Everyday
Food Club
Great Value

IGA
Kroger
Signature Select
WinCo Foods

Bottled Juice

Bottled Juice, sopwesopweno

✓ MENI 100% JUICE

- 64 oz. epwe chok ekkewe plastic bottles
- 1 CTR = 64 oz. bottle
- Epwe or ekkewe fiber, vitamins me minerals ir mi pwan apachanong iwe mi pwan eoch
- Fini chok seni ekkena brands me flavors fan na

⊘ KOSAPW MENI

- Esapw or juice cocktails, juice drinks, ika 'light' juices
- Eseor ewe mongon atake ese safei (No organic)
- Esapw or apple cider
- Esapw pwan kapat

		Porous ngeni omw ewe WIC clinic ika ke mwochen siwini ekkoch omw kana feun ira me masowen non atake benefits ren juice.	
Tree Top Ese pwan nifinifin flavor(chinon chok 3 Apple Blend ika Honey Crisp)	Langers Ese pwan nifinifin nenan nge epwe chok 100% juice Esapw pwan cocktails		
			
Grapefruit Ese pwan nifinifin brand	Juicy Juice Ese pwan nifinifin flavor	Orange Ese pwan nifinifin brand	Langers Prune 100% Prune Plus
			
Ocean Spray Ese pwan nifinifin nenan nge epwe chok 100% juice Esapw pwan or suke non Esapw pwan cocktails	V8 Original, Low Sodium, Spicy Hot 100% Vegetable juice	Peinaper (Pineapple) Best Yet Essential Everyday Food Club Signature Select	Campbell's Tomato (ekkewe mi chok regular iwe epwe kukun son non)

✓ MENI 100% JUICE

- 64 oz. non nenien konik plastik
- Ekkewe mi or fiber, faitamin, me minerals mi pwan eoch
- Kopwe chok fini seni ekkei brands me flavors me fan na

⊘ KOSAPW MENI

- Esapw or juice cocktails, juice drinks, ika 'light' juices
- Eseor ewe mongon atake ese safei (No organic)
- Esapw or apple cider
- Esapw pwan kapat

	
Appen (Apple) Best Yet Essential Everyday Food Club Great Value IGA Kroger Market Pantry Signature Select WinCo Foods	Cranberry, cran-grape and cran-raspberry Esapw pwan cocktails Great Value Kroger Signature Select
	
Grape (forket ika pwechn) Best Yet Essential Everyday Food Club Great Value IGA Kroger Market Pantry Signature Select WinCo Foods	Ekkewe masowen non atake (Vegetable) Best Yet Essential Everyday Food Club Great Value Kroger Signature Select WinCo Foods

Chus mei feu (Frozen Juice)

Anen monukon Feun ira me masowen non atake

✓ **Kamo**
100% Chus (Juice)

- 11.5 oz. ngeni 12 oz. epwe chok containers
- 1 CTR = 11.5 - 12 oz. non tin
- Ekkewe mi or fiber, faitamin, me minerals mi pwan eoch
- Kopwe chok fini seni ekkena brands me flavors me fan na

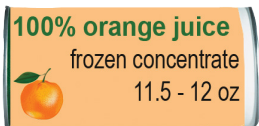


Old Orchard

Ese pwan nifinifin flavor
ika blend mi fiti ewe
epwenun mi enuwen fetin

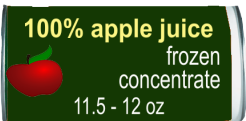
⊘ **KOSAPW MENI**

- Esapw or juice cocktails, juice drinks, ika 'light' juices
- Eseor ewe mongon atake ese safei (No organic)
- Esapw or apple cider
- Esapw pwan kapat



Orange

Ese pwan nifinifin brand



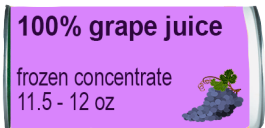
Appen (Apple)

Best Yet
Essential Everyday
Food Club
Great Value
Kroger
Signature Select
WinCo Foods



Grapefruit

Ese pwan nifinifin brand



Forket ika pwech (Grape)

Kroger
Signature Select

✓ **KAMO**

- 4 oz. anen monukon ren ekkewe mongo mi or feun ira me masowen non atake non
- Kinas ika plastik container mi eoch
- Ekkewe ese pwan nofitift anen monukon pwe ekkewe mi chok or feun ira ika masowen non atake non
- En mi tongeni meni ekkewe ew kontainer, ika 2 pak ika fen ir me ruu
- Kopwe chok tongeni fini seni ekkei brands fan na

⊘ **KOSAPW MENI**

- Esapw or "mongon nekunion" (dinners), mongo ngaranger ika ekkewe smuti, me "kaseron" (casseroles)
- Esapw pwan ekkewe sirion, yokurt, seni, rice, utong, me grains
- Esapw ekkewe mi or suke me sitas non
- Esapw pwan anen semirit ekkewe mongo ika "Graduates"
- Esapw pwan or ewe DHA non
- Esapw pwan ekkewe mi chotatiw
- Esapw anen monukon kewe mi pouter



Beech-Nut



Gerber

Anen monukon Feun ira me masowen non atake sopwesopweno chok

Anen monukon futuk, Anen monukon cereal

 Happy Baby Organics	 O Organics	 Tippy Toes
 Wild Harvest Organic	En mi sinei? WIC mi tongeni siwini ekkoch anen monukon kewe ren ekkewe feun ira me masowen non atake benefit pwpowwuta seni 7 maram. Porous ngeni chon ewe WIC ren tichikin porous.	

Kamon anen monukon

128 oz. ➡  **Single 4 oz**  **ika**  **2 pack 8 ounces (2 4-oz containers)**

Ika pwe noumw na benefit ee era **128 oz.** en mi tongeni meni **32 4 oz. jars** ika **16 2-packs** ren 4 oz.

64 oz. ➡  **Single 4 oz**  **ika**  **2 pack 8 ounces (2 4-oz containers)**

Ika pwe noumw na benefit ee era **64 oz.** en mi tongeni meni **16 4 oz. jars** ika **8 2-packs** ren 4 oz.

Anen monukon futuk

(ren monukon rese kan akangei ewe minik pouter seni WIC)

✓ KAMO

- 2.5 oz. chok anen monukon ren seni
- Kinas ika plastik kanteiner
- Mi tongeni epwe fiti broth ika gravy
- En mi tongeni fini seni ekkei chok sokkun brand:

✗ KOSAPW MENI

- Esapw pwan or feun ira, masowen non atake, utong, ika grains
- Esapw pwan or anen kukun semirit mongo ika “Graduates”
- Ese pwan or ewe DHA non



Beech-Nut



Gerber

Anen monukon sirion

✓ KAMO

- 8 oz. me 16 oz. sais
- Kopwe chok tongeni fini me nein ekkei brands me grains:

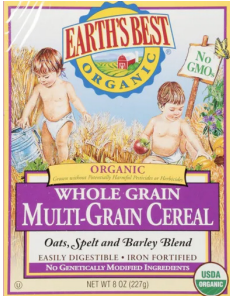
✗ KOSAPW MENI

- Esapw or rice cereal
- Esapw or formula, minik, yokert ika feun ira
- Ese pwan or ewe DHA non
- Esapw or rume, tin, ika chotan packets



Gerber (organic is OK)

- Sokopaten-Grain (Multi-Grain)
- Pinawa mi for seni ewe foun grain (Oatmeal)



Earth's Best Organic

- Sokopaten-Grain (Multi-Grain)
- Pinawa mi for seni ewe foun grain (Oatmeal)

Porous ngeni omw ewe WIC clinic ren ika ke mwochen epwe or ekkesiwini omw ewe food package iteiten maram.

En mi mwochen epwe pwan chomwong ekkei sokkun mongo?

Yogurt: Ekkesiwini ewe 1 quart minik ngeni ew kanteinerun yogurt. Ukukun chok ewe yogurt kopwe tongeni angei iwe ina epwe 2 kanteiner.



Tofu: Ekkesiwini ewe 1 quart minik ngeni 1 kanteinerun tofu. En mi tongeni kopwe ekkesiwini meinisin ekkewe minik non omw ewe food package ngeni tofu.

Juice: En mi tongeni kopwe ekkesiwini \$3 ren feun ira me masowen non atake ren noumw ewe benefit ren 1 kanteinerun ewe bottled ika frozen juice.



Ika



En mi mwochen epwe cho kukun ekkei mwongo?



Miniken cow: En mi tongeni kopwe ekkesiwini ewe miniken cow ngeni

- Ewe minik ese kan ameteki nukach ren (lactose free milk)
- Ewe minik Acidophilus
- soy ika plant beverage
- miniken sikke (goat)



Yogurt: Ekkesiwini 1 quart ena yogurt ngeni 1 quart minik.



Cheese: Ekkesiwini 1 lb. cheese ngeni 3 quarts minik.



Sokkun: Ekkesiwini 1 dozen sokkun ren 1 kanteinerun nut ika seed butter, ika non tin ika ekkewe beans mi pwaas.

**Ren ekkoch porous ke pwan mochen sinei ren WIC ika fen
pwan mochen sinei ian WIC ekkon nom ian, en mi tongeni
kokori 211 ika fen teta won ar ewe website:**

www.healthoregon.org/wic



**En mi tongeni kopwe angei ei taropwe non pwan ew sokkun format esapw
pwan kamo. Kokori 971-673-0040 (voice) ika 1-800-735-2900 (TTY) ren ach
sipwe tongeni anisi ngonuk ena format an epwe tongeni anisuk.**

Ren faniten sipwe fiti ewe ennuuk ren Federal civil rights law me ewe U.S. Department of Agriculture (USDA) civil rights ren ar kewe regulation me policy, iwe USDA, me an kewe Agencies, ofes, me nour kewe chon angang, me pwisin ewe neni re kan pwan fiti ika ouwora ekkewe USDA program iwe ese fokkun mwumwuta ewe kefinin nifinifin ren an emon race, enuwen inisin, ia an neo re eto me ian, ii emon met, ika mi or terin, ierin, ika fen pwan an repwe anganga ngaw ngonuk ren ekkewe akomw civil rights activity me non ese pwan nifinifin program ika activity aa foruta ika funded seni USDA.

Ekkewe aramas mi or terir nge re mwochen pwan ew anen ar repwe communicate ika fos ren tichikin porousen ei program (ren chowean Braille, watte mese mak, audiotape, ewe American Sign Language, me ese ian.), iwe repwe fos ngeni ewe Agency (State ika local) ren iawe re apply ian ekkewe benefit. Emon me emon mei pin seningan, mi weires an epwe rongorongo ika weires an epwe poraus epwe pwan chutiw USDA ngeni ewe Federal Relay Service ren (800) 877-8339. Pwan kapachanapan, tichikin porousen ei program mi pwan kawor non sokopaten fosun fenu me nukun English ika ewe fosun Merika.

Omw kopwe file ewe otuturun program ren kefinin nifinifin, awesi ewe USDA Program Discrimination Complaint Form, (AD-3027) ina kopwe tongeni kuna online ren:
http://www.ascr.usda.gov/complaint_filing_cust.html, me ese pwan nifinifin USDA ofes, ika makkei echo taropwe ngeni ewe USDA iwe kopwe pwan awora non ena taropwe meinisin ekkewe porous ir mi request me non ena form. Ika ke mochen ew copy ren taropwen ei atutur,

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; ika
- (3) email: program.intake@usda.gov

Ei mwich mei kawor fanitan meinisin ese pwan nifinifin.