



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

www.healthoregon.org/wic



Ika pwe en mei chun are mei wor terem, en mei tongeni tungor epwe wor noum taropwe mei tawe ngonuk. Kokori 971-673-0040 ika 1-800-735-2900 (TTY) ika ke pwan mochen **angang taropwe non ekkoch for mi fich ngonuk.**

Ren atipeew ngeni ewe annukun Federal civil rights me U.S Department of Agriculture (USDA) civil rights ren mwokutukutun me annukun, ewe USDA, me an kewe Agency, ofes, me noun chon angang, me ei mwich a pachenong non ika an nemi ekkewe prokramen USDA ra aukatiw ar angangen asiit anongonong on chon ian, anuwan nukunepur, ra feito seni ian, mwan ika fefin, ika ierir, tufichingawer, pungungawer ren met ir mei fofori me akkom non sokopaten niniin ika mwokutukutun mei feito seni ewe USDA.

Aramas mei wor terir ika mei pwan wor ekkoch ar wewengaw ren mwokutukutun ei mwich (awewe Braille, large print, audiotape, American Sign Language, me pwan ekkoch) repwe chutiw ren ewe Agency (state ika Local) ikewe repwe apply ngeni tufichir ika aninisir. Emon me emon mei pin seningan, mi weires an epwe rorongoro ika weires an epwe poraus epwe pwan chitiw USDA ngeni ewe Federal Relay Service ren (800) 877-8339. Kapacheta, mwokutukutun porausen ekkewe prokram epwe pwan kawor non kapasen ekis me nukun kapasen Merika.

Omw kopwe file-ini ew complaint ika atatur ren ei niniin ese eoch, kopwe amasowa ewe taropwen USDA Program Discrimination Complaint Form, (AD-3027) mei affateti online ren: http://www.ascr.usda.gov/complaint_filing_cust.html, me ren ese pwan nifinifin ofesin USDA, ika mak ngeni USDA ren ei address mei nom won ena taropwe meinisin ekkai tungor mei nom won. Ika ke mochen ew copy ren taropwen ei atatur,

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

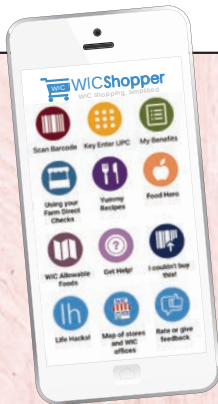
Ei mwich mei kawor fanitan meinisin ese pwan nifinifin.

57-1001 CHUUKese (9/2022)

EPWE IFA USUN AN EWE WICSHOPPER EPWE ANISUK ME SHOPPING?

Nounou ewe WICShopper app ren:

- Kopwe tongeni katon ika fite masowen noumw na benefit.
- Kopwe scan ini ekkewe barcode ren omw kopwe kuta ekkewe mwongen WIC.
- En mi tongeni kopwe nounou ewe Food List non ena app an epwe anisuk me kuta ekkewe mongon WIC.
- 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 nono ena sitowa.

Taropwen mongo mii fiich

Kopwe tongeni kopwe nounou ewe food list ren omw
kopwe fini ekkewe mongo ren sokkun brand me saisin
ekewe sokkun mongo. Katon ena food list ren omw
kopwe penuwani ekkei kapas eis:

- **Met sokkun brand ren mongo ngang mi
tongeni meni?**
- **Epwe ifan ukukun ena mongo mi mwumwuta?**
- **Epwe met sokkun flavor upwe tongeni fini?**

Feun ira me masowen non atake ika

Fruit me Vegetables 4-5

Whole Grains 6

100% whole wheat bread 6

Corn tortillas 7

Whole wheat tortillas 7

Whole wheat pasta 8

Oats 8

Rais mi kung (Brown rice) 9

Bulgur 9

Milk ika minik 10-11

Soy beverage 12

Goat milk ika miniken sike 13

Cheese 13

Yogurt 14-15

Tofu 16

Eggs ika sokun 16

Peanut butter 17

Dry peas, beans, and lentils 17

Canned beans 17

Canned fish 18

Cold cereal 19-21

Hot cereal 22

Bottled juices 23

Frozen juices ika chus mi feu 24

Baby food ika anen monukon 25-27

Fruit & vegetables

(Feun ira me masowen non atake) 26

Meat ika seni 27

Cereal ika sirion 27

Feun ira me masowen non atake ika Fruit me vegetables

Feun ira me masowen non atake ika ekkewe minafon Fruit me Vegetables

✓ MENI

- Ewe mi unus, ika katetiw ika tatakis, ika nom non chota (Whole, pre-cut, shredded, ika packaged)
- Salad me greens non potou
- Ekkewe aa feito seni masowen non atake ese pwan or safei non mi eoch

✗ KESAPW MENI

- Esapw or masowen ewe nenien salad, ewe nenien deli, ika ekkewe sepien pari
- Kesapw pwan apachata ewe dressing me ewe dip
- Esapw pwan or ekkewe added nuts, dried fruit, croutons, etc.
- Esapw or ekkewe herbs me spice
- Esapw or ira non



SHOPPING TIP

Sosot ewe fruit me vegetable calculator non “My Benefits” section ren non ewe WICShopper app. En mi tongeni kopwe apacha ika epwe fite niwinin ekkewe minafon foun ira me masowen non atake ren an kopwe mwitir!

Feun ira me masowen non atake ika Fruit me vegetables

Ekkewe frozen Fruit me Vegetables

✓ MENI

- Unus, mi katetiw, ika mi nofit fengen
- Ekkewe foun pins mi feu mi pwan eoch
- Ekkewe aa feito seni masowen non atake ese pwan or safei non mi eoch



✗ KESAPW MENI

- Eseor suke, kritis, me oin
- Eseor non ewe sos me krimen iran non atake
- Eseor non rais, pasta, futuk, nuts, ika ramen
- Esapw or french fries, hash browns, potatoes O'Brien, ika tater tots
- Esapw or breaded ika battered vegetables

Ekkewe foun ira non tin

✓ MENI

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



✗ KESAPW MENI

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

Canned Vegetables ika ekkewe vegetables non tin

✓ MENI

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



✗ KESAPW MENI

- Esapw or mixtures mi fiti mature beans, ren kidney ika black beans
- Esapw or pickled, creamed ika sauced canned vegetables
- Esapw or salsa, stewed tomatoes ika tomato sauces

Masowen ika Unusen en grain (Whole grain) Unusen ewe wit pinawa (whole wheat bread)

Met kopwe meni ren ewe whole grains

Mi fokkun sokopat ekkei whole grains omw
kopwe pwapwaiti! WIC mi awora:

- 100% whole wheat bread
- Soft corn tortillas
- Whole wheat tortillas
- Whole wheat pasta
- Oats
- Brown rice
- Bulgur

Ewe kapachenunus ren grains en mi tongeni kopwe meni
mi nomw won noum ewe taropwe.

Ika pwe mi unus masowen wisom ewe ren whole grain, iwe
en mi tongeni meni napeseni ew sokkun grain fan ew chok.
Awewe chok, ika pwe noum ewe taropwe aa era pwe mi or
32 ounus ren whole grains, iwe en
mi tongeni meni:



16 ounus

ME



16 ounus

100% unusen en wit pinawa
(whole wheat bread)

16 oz.
ngeni
32 oz.



✓ MENI

- Loaf of bread ika fochun pinawa, any brand
- Epwe mak "100% whole wheat" won ena pen

6

✗ KESAPW MENI

- Eseor ewe pan (light) ika (lite) pinawa
- Eseor ewe mongon atake ese safei (No organic)

Pinawa mi feukukumos pachach, Ewe pinawa mi feukukumos chachak mi unus ewe wit non

Pinawa mi feukukumos pachach
(Corn tortillas)

✓ MENI

- Epwe chok pwechepwech motoutou ika ekkewe mi on tortilla
- En mi tongeni fini seni ekkei sokkun brand Chok:

Calidad
Casa Rosa
Don Pancho
Essential Everyday
Food Club
Guerrero

Herdez
IGA
Kroger
La Banderita
La Burrita
Las 4 Hermanas

Mission
Reser's Baja Café
Signature Select
Tortilla Land

8 ounus
ika fen watte
seni

✗ KESAPW 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)

✓ MENI

- 100% unusan wit ekkewe pinawa mi foukukumos chachak (tortillas)
- En mi tongeni fini seni ekkei sokkun brand Chok:

Don Pancho
Essential Everyday
Guerrero
IGA

Kroger
La Banderita
Market Pantry

Mission
Ortega
Signature Select

8 ounus
ika fen watte
seni

✗ KESAPW 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



7

Ewe pinawa mi amas ra kan mina ngeni pasta
ika ewe sokkun pasta mi unus ewe wit non
**(Whole wheat pasta),
Feufun sirion (Oats)**

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

✓ MENI

- Ese pwan nifinifin napanapan ena (whole grain or whole wheat pasta)
- En mi tongeni fini seni ekkei sokkun brand Chok:

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

16
ounus
only



✗ KESAPW MENI

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

Feufun sirion (Oats)

✓ MENI

- Ese pwan nifinifin brand
- Ekkewe oats mi kai ika ekkewe old-fashioned mi pwan EPOCH
- Ekkewe metoch ekkan or non sirion ekkan awora an epwe ameia en pinawa (gluten) - eseor gluten non mi eoch
- Ekkewe aa feito seni masowen non atake ese pwan or safei non mi eoch



✗ KESAPW MENI

- Esapw or ekkewe ir mi kai me kuk (ika pwe kopwe kamo ekkewe (whole grain))
- Esapw or mongon atake non me ekkewe epwe chomong watte
- Esapw or ewe katen steel, me ekkewe oats ren Scottish
- Esapw or suke, kiris, oin, me son



SHOPPING TIP

Ren ewe WIC, oatmeal ew sirion ika ew whole grain?

- Oats re nom non pwor, chota, ika tub ir whole grain
- Ekkewe instant oatmeal non ekkewe chen packet mi pwan nomw non ewe **benefit in cereal**

**Rais mi kung (Brown rice),
Ewe sirion ee for seni en wit iwe ra
kuku apwasa (Bulgur)**

Rais mi kung (Brown rice)

✓ MENI

- Ese pwan nifinifin brand
- Instant, "minute", ika apwura pwasin non ewe poutoun rais mi OK
- Ewe jasmine rais me kung me basmatic mi pwan EPOCH
- Ekkewe aa feito seni masowen non atake ese pwan or safei non mi eoch



14-16
ounus
(instant
rice only)

✗ KESAPW MENI

- Eseor rais mi pwech
- Eseor kare, suke, kiris, oin, me son
- Esapw mongon atake non me ekkewe epwe chomong watte

8 ounus
ika fen watte
seni



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

✓ MENI

- Ese pwan nifinifin brand
- Ekkewe aa feito seni masowen non atake ese pwan or safei non mi eoch



✗ KESAPW MENI

- Ese pwan oe kare, suke, kiris, oin, me son

Milk ika minik

Kamon minik

Meinis miniken WIC repwe pasteurized
ika epwe or ewe Vitamin D non.

✓ MENI

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

✗ KESAPW MENI

- Eseor ewe rais minik, almond minik, butterminik, 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 afateti won noum ewe taropwe:

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

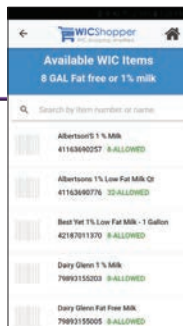
Fos ngeni omw ewe WIC clinic ren omw kopwe angei ekkoch milk. Ese pwan nifinifin brand OK.

- Ewe minik Acidophilus
- Ewe minik ese kan ameteki nukach ren
- Dry non-fat milk (25.6 ounus saisin)
- Evaporated milk (12 ounus non tin)



SHOPPING TIP

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



Milk ika minik

Examples ren omw kopwe tongeni achupa
ekkena container un minik ren saisir

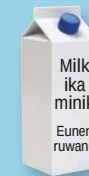
1.0 GAL =



0.75 GAL =



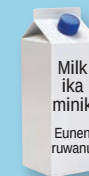
me



0.5 GAL =



0.25 GAL =



Ekkewe konik aa feito seni ar angei ewe feun soy iwe ra amata an ewe or ewe nenen soy (Soy beverage)

Ekkewe konik aa feito seni ar angei ewe feun soy iwe ra amata an ewe or ewe nenen soy (Soy beverage)

☑ MENI

- Kopwe fini seni ekkei sokkun brands me products chok:

Refrigerated ika apatapat



8th Continent
(original ika vanilla)
64 ounus



Silk
original
32 ounus, 64 ounus ika 128 ounus

Won sanif



Pacific Ultra Soy
original
32 ounus



Silk
original
32 ounus



Westsoy Organic Plus
plain or vanilla
32 ounus or 64 ounus

32 ounus =
eunen ruwanu
64 ounus =
esopw kanon

Goat milk ika miniken sike Chis (Cheese)

Goat milk ika miniken sike

☑ MENI

- Kopwe chok meni ewe sokkun miniken sike ee mak won noum ewe taropwen benefit
- Epwe chok Meyenberg Goat Milk ena kopwe tongeni meni



Whole
goat milk
32 ounus ika
64 ounus



Lowfat
goat milk
32 ounus



Ewe unusan (whole)
ika ewe eseor kiris
miniken sike mi
pouter
12 ounus non tiin
12 oz. pouch



Whole
evaporated
goat milk
12 ounus
non tin

Chis (Cheese)

☑ MENI

- 1 ika 2 pounen chota chok, epwe made in U.S.A
- Ese pwan nifinifin brand ren Cheddar (mild ika medium) Colby, Colby-Jack, Cheddar-Jack, Monterey Jack, or Mozzarella
- 16 ounus Ewe (1 lb.) Mozzarella String cheese mi pwan each



16 ounus
only

⊗ KESAPW MENI

- Esapw pwan or ekkewe chis mi pwechepwech
- Esapw pwan or ekkewe chis mi kateti
- Eseor ewe organic, soy, kout, ika chis
- Eseor ewe chis ika mongo (usun Velveeta)
- Eseor ewe smoke ika nenan ewe chis ren ekkewe metoch mi kapach ngeni chowean jalapeño mwik me ekkewe foun ira
- Eseor ewe Mozzarella (ee nom nonn konik)

Ewe ew mongo mi fito seni minik (Yogurt)

✓ MENI

- 32 oz (or 2 lb.) containers only
- Kopwe chok tongeni meni (whole, lowfat ika nonfat)
- Kopwe chok tongeni fini nein ekkei brands me flavors ee mak

✗ KESAPW MENI

- Eseor ewe mongon atake ese safei (No organic)
- Esapw or ewe "light" yogurts
- Esapw or yogurt ekkewe mi or sweeteners non usun aspartame ika sucralose

Whole Milk Yogurt (ren semirt 1 ierir)

 • Unusan, plain	 • Unusan, plain • Unusan, vanilla	 • Unusan, plain • Greek, unusan, plain	 • Greek, unusan, vanilla
 • Greek, unusan, plain • Greek, unusan, vanilla honey	 • Greek, unusan, plain	 • Unusan, plain • Unusan, vanilla • Unusan, strawberry	 • Unusan, plain • Unusan, vanilla • Unusan, strawberry
 • Unusan, honey	 • Greek, unusan, plain	 • Unusan, plain	 1 CTR (container) = 32 ounus (2 lb.)

Ese atte kiris ika eseor kiris non Yogurt (watte me semirit ra ier 2 etta)

 • Eseor kiris, mi chok plain • Eseor kiris, vanilla • Ese watte kiris, mi chok plain • Ese watte kiris, vanilla	 • Eseor kiris, mi chok plain • Eseor kiris, vanilla • Eseor kiris, strawberry • Ese watte kiris, mi chok plain	 • Eseor kiris, mi chok plain • Ese watte kiris, mi chok plain • Ese watte kiris, vanilla
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Ewe ew mongo mi fito seni minik (Yogurt)

Lowfat ika Nonfat Yogurt, sopwosopwono (watte me semirit ra ier 2 etta)

 • Eseor kiris, mi chok plain • Ese watte kiris, mi chok plain • Ese watte kiris, vanilla • Ese watte kiris, strawberry • Ese watte kiris, blueberry • Greek, nonfat, plain • Greek, nonfat, vanilla • Eseor kiris, strawberry	 • Ese watte kiris, mi chok plain • Ese watte kiris, vanilla • Ese watte kiris, strawberry • Ese watte kiris, peach • Lowfat, raspberry • Greek, nonfat, plain	 • Greek, nonfat, plain • Greek, nonfat, vanilla
 • Eseor kiris, mi chok plain • Ese watte kiris, vanilla • Ese watte kiris, strawberry • Lowfat, strawberry-banana • Ese watte kiris, peach	 • Ese watte kiris, strawberry • Lowfat, raspberry • Ese watte kiris, peach • Greek, nonfat, plain • Greek, nonfat, vanilla	 • Eseor kiris, mi chok plain • Ese watte kiris, mi chok plain • Ese watte kiris, strawberry • Ese watte kiris, peach • Greek, nonfat, plain • Greek, nonfat, vanilla
 • Eseor kiris, mi chok plain • Eseor kiris, vanilla • Ese watte kiris, mi chok plain • Ese watte kiris, vanilla	 • Eseor kiris, mi chok plain • Eseor kiris, vanilla • Ese watte kiris, mi chok plain	 • Greek, nonfat, plain • Greek, nonfat, vanilla • Eseor kiris, strawberry
 • Ese watte kiris, vanilla • Ese watte kiris, strawberry • Ese watte kiris, peach	 • Eseor kiris, mi chok plain • Ese watte kiris, vanilla • Ese watte kiris, strawberry • Ese watte kiris, peach	 • Ese watte kiris, vanilla • Ese watte kiris, strawberry • Lowfat, strawberry-banana • Ese watte kiris, peach • Ese watte kiris, blueberry

Ewe mongo ra angei seni fofoun bean (Tofu), Sokun (Eggs)

Ewe mongo ra angei seni fofoun bean (Tofu)

✓ MENI

- 16 ounusun (1 lb.) kanteinor chok
- Epwe chotatiw non konik
- En mi tongeni fini me nein ekkei refrigerated brands me products chok:



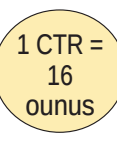
Azumaya Tofu
Kum,
wesewesen kum
ika Silken



House Foods
(Eseor organic)
Kum,
ekkis kum,
wesewesen kum



Franklin Farms
Pwul, Kum,
ekkis kum,
wesewesen
kum



1 CTR =
16
ounus

NaSoya
Ekkewe aa feito
seni masowen
non atake rese
safei ren Silken

Eggs (sokun)

✓ MENI

- Ekkewe chotan engon me ru non chok
- Ese n nifinifin brand ren white, watten foun sokunen chuko
- Cage-free eggs ika ekkewe sokun ese nomw non tit mi OK

✗ KESAPW MENI

- Esapw or ekkewe sokuun mi kung
- Esapw or specialty eggs (usun Eggland's Best, higher Omega-3, or Vitamin E, free-range ika pasture-raised)
- Eseor ewe mongon atake ese safei (No organic)

Pinat, pis mi pwas, pins lentils, iwe pins non tin

Pinat (Peanut Butter)

✓ MENI

- 16 to 18 ounus ren containers only
- Ese pwan nifinifin brand
- Ekkewe aa feito seni masowen non atake ese pwan or safei non mi eoch

1 CTR =
16-18
ounus



✗ KESAPW MENI

- Esapw pwan or ewe pinat me honey roasted
- Eseor ewe kukun kiris ren pinat
- Ese pwan or jelly, marsmeno, chokonet, ika honey
- Eseor Omega-3
- Esapw chomong ika pwan kopwe amata won omw

Ekkewe pis mi pwas, pins, iwe ekkewe lentils

✓ MENI

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

1 CTR =
16 ounus



✗ KESAPW MENI

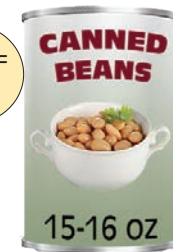
- Ese pwan son
- Esapw or mongon atake non me ekkewe epwe chomong watte

Foun ira non tin (Canned beans)

✓ MENI

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

1 CTR =
4 tin



✗ KESAPW MENI

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

Canned fish

(ren ekkewe in re kan chok oupwu nour kewe)



5 ounus non tin ika
fen wattenon

✓ MENI

- Ese pwan nifinifin brand nge epwe chok mak light tuna ika ikenen non konik repwe anomu non chota nge epwe nom non konik chok
- Ewe Chicken of the Sea ika Bumble Bee satin ee kan nom non konik chok



Pink salmon
5 ounus non tin ika
fen wattenon

⊘ KESAPW MENI

- Ewe iik ese pwan or son non ika ikenen non konik
- Esapw or albacore, yellowfin, ika tongol tuna
- Esapw or ekkewe ikenen non konik
- Esapw or filets ika sáttin iik
- Esapw or ekkewe iik mi nom non chota non kiris
- Esapw ekkewe ee kan or non pouch me potou
- Esapw ekkewe iik re kan supwuri mi auchea

Bumble Bee

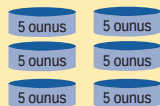


Chicken of the Sea

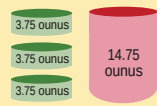


Satin 3.75 ounus non tin

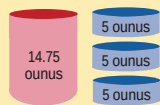
Pwan ekkoch wewe ren omw kopwe ifan me
achufengeni ekkewe ikkenen non tin ren saisir



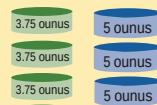
= 30 ounus



= 29.75 ounus



= 29.75 ounus



= 30 ounus

Sirion mi pat (Cold cereal)

Kamon sirion

Kopwe nengienochu 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

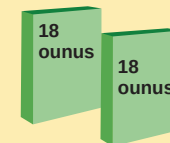
G Kompenien sirion ra apasa pwe ar kewe sirion meinisin mi gluten free

W Mi for seni whole grains iwe pwan watte fiber non

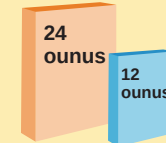
Ena kukunonun saisin cereal en mi tongeni meni iwe ewe 9.8 oz (ren hot cereal) ika 12 oz (ren cold cereal) Ika pwe aa chok nusun 9.8 ounus nusun ren sirion iwe kese chiwen tongeni kopwe nouni ne kamo ngeni ekkewe sirion fan ei maram.

Ren omw kopwe angei meinisin ekkewe sirion iwe kopwe fen meni ekkewe 12 oz., 18 oz., 24 oz., ika fen ekkewe 36 oz pwor.

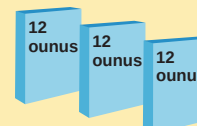
Ekkoch pwan awewe ren omw kopwe tongeni
apacha saisin pworun ekkewe sirion



Kapachan 36 ounus



Kapachan 36 ounus



Kapachan 36 ounus



Kapachan 35.8 ounus

Sirion mi pat (Cold cereal)

✓ **MENI** 12 oz. ngeni 36 oz. ukukun

Kellogg's



F
W

All-Bran Complete
Wheat Flakes



Corn Flakes
(original)



F

Special K
(original)



W

Frosted Mini Wheats
(original)



F
W

Strawberry
Frosted Mini Wheats



Rice Krispies (original)

General Mills



G

Rice
Chex



G

Corn
Chex



G

Blueberry
Chex



G

Cinnamon Chex



G
W

Cheerios (plain)



F
G
W

Multi Grain Cheerios
(original)



W

Kix (original)



W

Berry Berry Kix



W

Honey Kix

Sirion mi pat (Cold cereal)

Malt-O-Meal (pwor ika ekkewe non potou)



W

Frosted Mini
Spooners
(original)

Post



W

Grape Nuts



W

Great Grains
Banana Nut Crunch



W

Great Grains
Crunchy Pecan



F

Honey Bunches of
Oats Honey Roasted



F
W

Honey Bunches of
Oats Vanilla Bunches



F

Honey Bunches of
Oats Almond



F

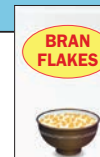
Honey Bunches of Oats
Pecan & Maple Brown Sugar



SHOPPING TIP

Ren omw kopwe angei unusen
ewe benefit in cereal iwe kopwe fen
meni ewe 12 oz., 18 oz., 24 oz., ika
36 oz. saisin pwor.

Bran Flakes - store brand



Best Yet, Food Club, Great Value,
IGA, Signature Select

F

W

Essential Everyday

W

Sirion mi kar (Hot cereal)

✓ **MENI** 9.8 oz - 36 oz ukukun



Cream of Wheat Plain
1 Minute ika minich **Esapw Instant**



Cream of Wheat Plain
2 1/2 Minute ika minich **Esapw Instant**



Cream of Wheat Whole Grain,
2 1/2 Minute ika minich **Esapw Instant**

W



Cream of Rice Plain
Esapw Instant

G



Malt-O-Meal Original



Quaker Instant Grits Original
(Single serving packets)



Quaker Instant Oatmeal
(Single serving packets)

W



Plain Instant
Oatmeal, single
serving packets

W

Best Bet, Food Club, Great Value,
Kroger, Shurfine, Signature
Select, WinCo Foods

Chus mi apwen

✓ **MENI**

100% Chus (Juice)

- 64 ununs non nenien konik plastik
- Ekkewe fiber, faitamin, me minerals mi pwan EOCH
- En mi tongeni fini seni ekkei brands me flavors chok:

✗ **KESAPW MENI**

- Esapw or juice cocktails, juice drinks, ika 'light' juices
- Esapw or organic • Esapw or apple cider
- Esapw pwan kapat



Tree Top
(nge esapw chok ekkei
3 Apple Blend
ika Honey Crisp)



Juicy Juice
Ese pwan nifinifin flavor



Campbell's
Tomato
(ekkewe mi chok regular
iwe epwe kukun son non)

1 CTR =
64 ununs
bottle



Langer's
Ese pwan nifinifin nenan
nge epwe chok 100% juice
Esapw or cocktails



Ocean Spray
Ese pwan nifinifin nenan
nge epwe chok 100% juice
no sugar added
Esapw or cocktails



Orange
Ese pwan
nifinifin brand



Grapefruit
Ese pwan
nifinifin brand



Apple (appen)

Best Yet,
Essential
Everyday
Food Club,
Great Value,
IGA, Kroger,
Market Pantry,
Signature Select,
Western Family
WinCo Foods



Cranberry,
cran-grape ika
cran-raspberry

Esapw or cocktails

Best Yet,
Food Club,
Great Value,
Kroger
Signature Select
Western Family



Grape
(purple ika white)

Best Yet,
Essential
Everyday
Food Club,
Great Value,
IGA, Kroger,
Market Pantry,
Signature Select
Western Family
WinCo Foods



Vegetable ika
ekkewe masowen
non atake

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

Chus (juice) mei feu

✓ MENI

100% Chus (Juice)

- 11.5-12 ounusun kanteinor chok
- Ekkewe fiber, faitamin, me minerals mi pwan ECHO
- En mi tongeni fini seni ekkei brands me flavors chok:

1 CTR =
11.5 - 12 ounus tin



Dole
Ese pwan nifinifin flavor ika blend



Old Orchard
Ese pwan nifinifin flavor ika ekkewe mi nofit mi anuefetin apwonun



Tree Top
Apple (appen)



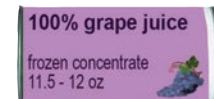
Orange
Ese pwan nifinifin brand



Grapefruit
Ese pwan nifinifin brand



Apple (appen)
Best Yet,
Essential Everyday,
Food Club, Great Value,
Kroger, Signature Select,
WinCo Foods



Grape
Best Yet,
Food Club,
Great Value,
WinCo Foods

Baby food ika ewe anen monukon

Kamon anen monukon

En mi sinei pwe?

Monukon ra tori 9 maram, ra tongeni repwe mongo ekkewe feun ira mi pwetete me ekkewe masowen non atake mi kuk ir mi tongeni aea autun peur ne angei.

En mi sinei nge WIC mi tongeni siwini ekkoch anen monukon kewe re nom non kinas mi fiti feun ira ika masowan non? Fos ngeni chon ewe WIC ren ekkoch porous ke mochen fateiti.

Ika noum ewe taropwe ee era
256 ounus
en mi tongeni meni

Single 4 oz → **64**
4 ounusun kinas

2 pack 8 ounces (2 4-oz containers) → **32**
2-pak ren 4 ounus

Ika noum ewe taropwe ee era
128 ounus
en mi tongeni meni

Single 4 oz → **32**
4 ounusun kinas

2 pack 8 ounces (2 4-oz containers) → **16**
2-pak ren 4 ounus

Ika noum ewe taropwe ee era
64 ounus
en mi tongeni meni

Single 4 oz → **16**
4 ounusun kinas

2 pack 8 ounces (2 4-oz containers) → **8**
2-pak ren 4 ounus

Anen monukon fruit me vegetable

✓ MENI

- 4 ounusun anen monukon ren ekkewe mungo mi or feun ira me masowen non atake non
- Kinas ika plastik chota mi EPOCH
- Ekkewe ese pwan nofitifit 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 me ru
- En mi tongeni fini seni ekkei sokkun brand Chok:

✗ KESAPW MENI

- Esapw or mongon nekunion, mungo ngaranga ika ekkewe smuti, me kaseron
- Esapw pwan ekkewe sirion, yokurt, seni, rice, utong, me grains
- Esapw ekkewe mi or suke me sitas non
- Esapw pwan anen semirit ekkewe mungo ika "Graduates"
- Ese pwan or ewe DHA non
- Esapw pwan ekkewe mi chotatiw
- Esapw anen monukon kewe mi pouter



Beech-Nut



Gerber



Earth's Best Organic



Happy Baby Organics



Wild Harvest Organic

Anen monukon futuk (meat), baby cereal

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

✓ MENI

- 2.5 ounusun chok anen monukon ren seni
- Kinas ika plastik kanteiner
- Mi tongeni epwe fiti okai ika gravy
- En mi tongeni fini seni ekkei sokkun brand Chok:

✗ KESAPW MENI

- Esapw pwan or feun ira, masowen non atake, utong, ika grains.
- Esapw pwan anen semirit ekkewe mungo ika "Graduates"
- Ese pwan or ewe DHA non



Beech-Nut



Gerber



Earth's Best Organic

Anen monukon sirion

✓ MENI

- 8 ounus ika wattenon
- Kopwe chok tongeni fini me nein ekkei brands me grains chok:

✗ KESAPW MENI

- Esapw or Rice Cereal
- Esapw or pouter, minik, yokert ika feun ira
- Ese pwan or ewe DHA non
- Esapw or rume, tin, ika chotan pisek



Gerber (organic OK)



- Multi-Grain
- Oatmeal
- Whole wheat



Beech-Nut
(Ekkewe aa feito seni masowen non atake ese pwan or safei non mi eoch)

- Multi-Grain
- Oatmeal



Earth's Best Organic

- Mixed-Grain
- Oatmeal