



AMARII POCHOKUNEN NESOR ME PONON

TAROPWEN MONGO (FOOD LIST)

Ewe emwenin Oregon WIC
ren mongo ir mi etiwa



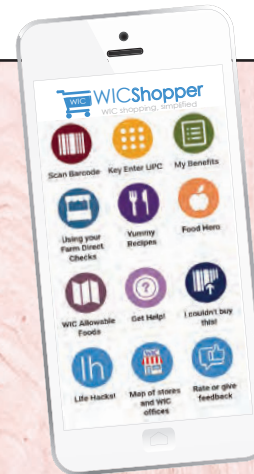
PWOPWUTA SENI FEPUERI 1, 2021
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EPWE IFA USUN AN EWE WICSHOPPER EPWE ANISUK ME SHOPPING?

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 mingo mii fiich

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

- **Met sokkun brand ren mingo ngang mi tongeni meni?**
- **Epwe ifan ukukun ena mingo 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, kiris, 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

anne Vegetables ika ekkewe egetables 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)

et ko we meni ren ewe w ole 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

unusen en wit inawa w ole w eat brea

16 oz.
ngeni
32 oz.



✓ MENI

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

⊘ 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**

inawa mi feukukumos a a
orn tortillas

✓ **MENI**

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

Calidad	Herdez	Mission
Casa Rosa	IGA	Reser's Baja Café
Don Pancho	Kroger	Signature Select
Essential Everyday	La Banderita	Tortilla Land
Food Club	La Burrita	
Guerrero	Las 4 Hermanas	

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 inawa mi feukukumos a a
ak mi unus ewe wit non ole w eat tortilla

✓ **MENI**

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

Don Pancho	Kroger	Mission
Essential Everyday	La Banderita	Ortega
Guerrero	Market Pantry	Signature Select
IGA		

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



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

Ewe inawa mi amas ra kan mina ngeni asta
ika ewe sokkun asta mi unus ewe wit non ole w eat asta

✓ **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

Feufeun sirion ats

✓ **MENI**

- Ese pwan nifinifin brand
- Ekkewe oats mi kai ika ekkewe old-fashioned mi pwan ECHO
- 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)

ais mi kung rown ri e

✓ MENI

- Ese pwan nifinifin brand
- Instant, "minute", ika apwura pwisin 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 a wasa ulgur

✓ 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

amon minik

Meininis 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 afatetiwon noum ewe taropwe:

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

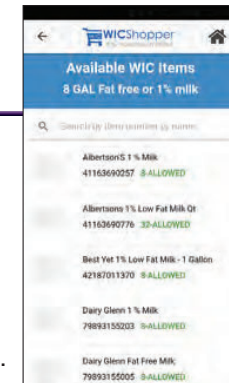
Fos ngeni omw ewe WIC clinic ren omw kopwe
angei ekkoch milk. Ese pwan nifinifin brand OK.

- 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 =



Milk ika minik
Kanon

0.75 GAL =



Milk ika minik
Esopw kanon

me



Milk ika minik
Eunen ruwanu

0.5 GAL =



Milk ika minik
Esopw kanon

0.25 GAL =



Milk ika minik
Eunen ruwanu

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 so iwe ra amata an ewe or ewe nenen so o be erage

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



West Life Organic Soy milk
Calcium & Vitamin D
plain or vanilla
32 ounus



**32 ounus =
eunen ruwanu
64 ounus =
esopw kanon**

Goat milk ika miniken sike Chis (Cheese)

oat 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

is eese

☑ MENI

- 1 ika 2 pounen chota chok, epwe made in U.S.A
- Ese pwan nifinfin 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 katetiw
- 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)

Chobani
Greek

- Unusan, plain

DANNON

- Unusan, plain
- Unusan, vanilla

Essential
EVERYDAY

- Unusan, plain
- Greek, unusan, plain

food club
Since 1945

- Greek, unusan, vanilla

Good & Gather

- Greek, unusan, plain
- Greek, unusan, vanilla honey

Great Value

- Greek, unusan, plain

Lucerne
GREAT TASTE

- Unusan, plain
- Unusan, vanilla
- Unusan, strawberry

MOUNTAIN HIGH

- Unusan, plain
- Unusan, vanilla
- Unusan, strawberry

Nancy's

- Unusan, honey

OPEN NATURE

- Greek, unusan, plain

WinCo
FOODS

- Unusan, plain

YOGURT
32 ounces

1 CTR (container) =
32 ounus (2 lb.)

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

BEST BYEL
SINCE 1974

- Eseor kiris, mi chok plain
- Eseor kiris, vanilla
- Ese watte kiris, mi chok plain
- Ese watte kiris, vanilla

Chobani
Greek

- Eseor kiris, mi chok plain
- Eseor kiris, vanilla
- Eseor kiris, strawberry
- Ese watte kiris, mi chok plain

DANNON

- Eseor kiris, mi chok plain
- Ese watte kiris, mi chok plain
- Ese watte kiris, vanilla

Ewe ew mongo mi fito seni minik (Yogurt)

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

 <ul style="list-style-type: none"> 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 	 <ul style="list-style-type: none"> Ese watte kiris, mi chok plain Ese watte kiris, vanilla Ese watte kiris, strawberry Ese watte kiris, peach Lowfat, raspberry Greek, nonfat, plain 	 <ul style="list-style-type: none"> Greek, nonfat, plain Greek, nonfat, vanilla
 <ul style="list-style-type: none"> Eseor kiris, mi chok plain Ese watte kiris, vanilla Ese watte kiris, strawberry Lowfat, strawberry-banana Ese watte kiris, peach 	 <ul style="list-style-type: none"> Ese watte kiris, strawberry Lowfat, raspberry Ese watte kiris, peach Greek, nonfat, plain Greek, nonfat, vanilla 	 <ul style="list-style-type: none"> 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
 <ul style="list-style-type: none"> Eseor kiris, mi chok plain Eseor kiris, vanilla Ese watte kiris, mi chok plain Ese watte kiris, vanilla 	 <ul style="list-style-type: none"> Eseor kiris, mi chok plain Eseor kiris, vanilla Ese watte kiris, mi chok plain 	 <ul style="list-style-type: none"> Greek, nonfat, plain Greek, nonfat, vanilla Eseor kiris, strawberry
 <ul style="list-style-type: none"> Ese watte kiris, vanilla Ese watte kiris, strawberry Ese watte kiris, peach 	 <ul style="list-style-type: none"> Eseor kiris, mi chok plain Ese watte kiris, vanilla Ese watte kiris, strawberry Ese watte kiris, peach 	 <ul style="list-style-type: none"> Ese watte kiris, vanilla Ese watte kiris, strawberry Lowfat, strawberry-banana Ese watte kiris, peach Ese watte kiris, blueberry

15

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

Ewe mongo ra angei seni fofoun bean ofu

☑ 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

16

☒ KESAPW MENI

- Esapw or ekkewe sokuun mi kung
- Esapw or specialty eggs (usun Egglard'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

inat eanut utter

✓ **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 each

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 is mi was ins
iwe ekkewe lentils

✓ **MENI**

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

1 CTR =
16 ounus



⊘ **KESAPW MENI**

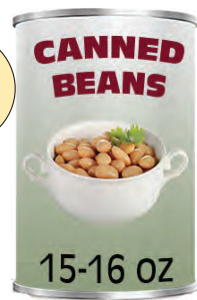
- Ese pwan son
- Esapw or mongon atake non me ekkewe epwe chomong watte

Foun ira non tin ane 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 each
- Ekkewe aa feito seni masowen non atake ese pwan or safei non mi each

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)

✓ **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



5 ounus non tin ika
fen wattenon



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 fillets 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

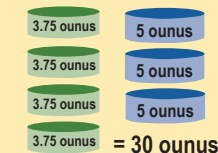
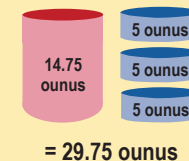
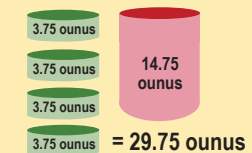
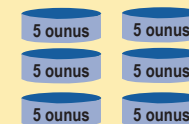


Chicken of the Sea



Satin 3.75 ounus non tin

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



Sirion mi pat (Cold cereal)

Kamon sirion

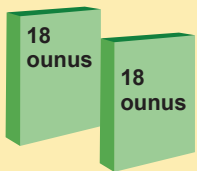
Kopwe nengiochu ekkena asisinen won ekkena taropwen mongo ren omw kopwe tongeni fini meni ekkewe mongo ika sirion mi or folic acid, me pwan whole grain ika ewe gluten free.

- 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 kukununon 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.

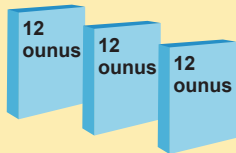
Ekkoch pwan aweve ren omw kopwe tongeni apacha saisin pworun ekkewe sirion



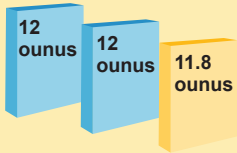
Kapachan 36 ounus



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		 F
All-Bran Complete Wheat Flakes	Corn Flakes (original)	Special K (original)
 W	 F W	
Frosted Mini Wheats (original)	Strawberry Frosted Mini Wheats	Rice Krispies (original)
General Mills		
 G	 G	 G
Rice Chex	Corn Chex	Blueberry Chex
 G	 G W	 F G W
Cinnamon Chex	Cheerios (plain)	Multi Grain Cheerios (original)
 W	 W	 W
Kix (original)	Berry Berry Kix	Honey Kix

Sirion mi pat (Cold cereal)

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



Frosted Mini Spooners (original)

Post



Grape Nuts



Great Grains Banana Nut Crunch



Great Grains Crunchy Pecan



Honey Bunches of Oats Honey Roasted



Honey Bunches of Oats Vanilla Bunches



Honey Bunches of Oats Almond



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



Essential Everyday



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**



Cream of Rice Plain
Esapw Instant



Malt-O-Meal Original



Quaker Instant Grits Original
(Single serving packets)



Quaker Instant Oatmeal
(Single serving packets)



Plain Instant Oatmeal, single serving packets

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

Chus mi apwen












✓ MENI

100% Chus (Juice)

- 64 ounus 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

			1 CTR = 64 ounus bottle
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)	
			
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 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




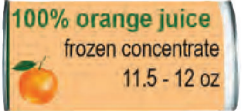

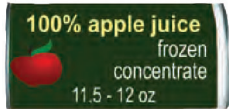
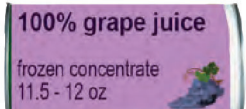
✓ MENI

100% Chus (Juice)

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

⊘ KESAPW 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

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

amon 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



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



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



Anen monukon fruit me vegetable

✓ MENI

- 4 ounusun anen monukon ren ekkewe mongo 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, mongo ngarangar 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 mongo 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

nen monukon mongon seni

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

✓ MENI

- 2.5 unusun 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 mongo ika "Graduates"
- Ese pwan or ewe DHA non



Beech-Nut



Gerber



Earth's Best Organic

nen monukon sirion

✓ MENI

- 8 unus 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



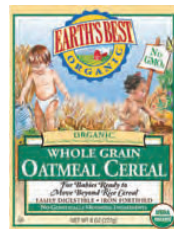
Gerber (organic OK)

- 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

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



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 fofor 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 nukunep, ra feito seni ian, mwan ika fefin, ika ierir, tufichingawer, pungungawer ren met ir mei fofori me akkom non sokopaten nikinik ika mwokutukut 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, mwokutukun porausen ekkewe prokram epwe pwan kawor non kapasen ekis me nukun kapasen Merika.

Omw kopwe file-ini ew complaint ika atatur ren ei nikinik ese eoch, kopwe amasowa ewe taropwen USDA Program Discrimination Complaint Form, (AD-3027) mei affatetiw 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 ekkei 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.