



THE CHICKASAW NATION

SUMMER EBT

.....

Benefits begin on May 1. Families have 122 days to redeem.

Each child enrolled in Summer EBT receives the following food each summer:

- Milk (low-fat or skim) - 3 gallons
- Cheese - 3 pounds
- Cereal (hot or cold) - 54 ounces
- Eggs - 3 dozen
- Fruits and vegetables cash value - \$36
- Whole grains - 48 ounces
- Yogurt - 96 ounces
- Fish - 15 ounces
- Peanut butter OR dry beans or canned beans - 3 pounds or twelve 16-ounce cans

Call Hunger Free Oklahoma at **(918) 213-4855** (9 a.m. to 7 p.m., Monday-Friday and 9 a.m. to 1 p.m., Saturday) to:

- Request a replacement card
- Report a shopping problem (call while in the store if possible)
- Ask additional program questions
- Check available balance

*USDA is an equal opportunity provider and employer.
Summer EBT for Children is an initiative of the Chickasaw Nation.
This material is based upon work supported by the Food and Nutrition Service,
U.S. Department of Agriculture.*



YOGURT

• Low-fat and nonfat yogurt - 32 ounce (quart)

- Best Choice Strawberry and Vanilla- (Low-fat) and Plain-(Nonfat)
- Best Yet-Plain and Vanilla-(Low-fat and Nonfat)
- Coburn Farms Plain and Vanilla-(Low-fat)
- Dannon All Natural-Plain (Low-fat and Nonfat) and Vanilla-(Low-fat)
- Dannon Light & Fit-Strawberry and Vanilla-(Nonfat)
- Food Club Plain, Strawberry and Vanilla-(Low-fat)
- Great Value Peach, Strawberry, Strawberry Banana and Vanilla-(Low-fat) and Plain and Vanilla-(Nonfat)
- Hiland Peach, Strawberry and Vanilla-(Low-fat) and Plain-(Nonfat)
- LALA Mango, Mixed Berry, Peach, Piña Colada, Plain, Strawberry and Strawberry Banana-(Low-fat)
- Mountain High Plain and Vanilla-(Low-fat and Fat Free)
- Yoplait Blueberry, Harvest Peach, Strawberry, Strawberry Banana and Vanilla-(Low-fat) and Plain-(Nonfat)
- Yoplait Kid Berry and Strawberry, Cotton Candy and Wild Berry, Strawberry Banana and Berry, Strawberry and Blueberry, Strawberry and Cotton Candy, Strawberry Banana and Raspberry, Strawberry Banana and Strawberry and Strawberry Banana and Strawberry Reduced Sugar-(Low-fat)



• Low-fat and nonfat yogurt - 16 ounce and 4-ounce 4 pack sizes

- Activia Black Cherry, Blueberry, Mango, Mixed Berry, Peach, Prune, Strawberry, Strawberry Banana, and Vanilla-(Low-fat)
- Activia Lactose Free-Black Cherry, Peach, Strawberry, and Vanilla-(Low-fat)
- Activia Fruit on the Bottom Blueberry and Blackberry, Cherry and Vanilla, Peach and Mango, Pineapple and Coconut, and Strawberry and Raspberry-(Low-fat)
- Activia Light Blueberry, Peach, Strawberry and Vanilla-(Nonfat)
- Dannon Creamy Classic Peach Mango, Strawberry, Strawberry Banana and Vanilla (Low-fat)



• Low-fat and nonfat Greek yogurt

- Best Choice Greek Plain and Vanilla-(Nonfat)
- Best Yet Greek Plain and Vanilla-(Nonfat)
- Chobani Greek Plain-(Low-fat) and Peach, Plain, Strawberry and Vanilla-(Nonfat)
- Chobani Greek Zero Sugar Strawberry and Vanilla-(Nonfat)
- Coburn Farms Greek Plain-(Nonfat)
- Dannon Light & Fit Greek Plain and Vanilla-(Nonfat)
- Dannon Oikos Greek Plain and Vanilla-(Nonfat)
- Dannon Oikos Triple Zero Greek Strawberry and Vanilla-(Nonfat)
- Food Club Plain and Vanilla-(Nonfat)
- Great Value Greek Plain and Vanilla-(Nonfat)



CHEESE

• Least-cost brand - 8-, 16- or 32-ounce packages only

- Pasteurized processed American slices
- Cheddar, colby, colby jack, Monterey Jack, mozzarella, muenster and Swiss - block or shredded only



NOT INCLUDED:

- Individually wrapped slices, deli, string or processed cheese food

EGGS

• Least-cost brand

- White or brown eggs (medium or large) Grade A or AA - one dozen



NOT INCLUDED:

- Low-cholesterol eggs

CEREAL

• Cold Cereal – 11.8-ounce to 36-ounce size

- Best Choice Bran Flakes
- Best Choice Corn Crisps
- Best Choice Bite Size Frosted Shredded Wheat
- Best Choice Happy O's
- Best Choice Rice Crisps
- Best Choice Wheat Crisps
- Best Choice Wheat Flakes
- Best Yet Bran Flakes
- Best Yet Bite Size Frosted Shredded Wheat
- Best Yet Toasted Oats
- Broadus Snoop Frosted Drizzlerz
- Food Club Bran Flakes
- Food Club Corn Squares
- Food Club Bite Size Frosted Shredded Wheat
- Food Club Rice Squares
- Food Club Toasted Oats
- Essential Everyday Wheat Squares
- General Mills Berry Kix
- General Mills Blueberry Chex
- General Mills Cheerios
- General Mills Cheerios Oat Crunch Berry
- General Mills Cinnamon Chex
- General Mills Corn Chex
- General Mills Fiber One Honey Clusters
- General Mills Honey Kix
- General Mills Kix
- General Mills Multi Grain Cheerios
- General Mills Rice Chex
- General Mills Total
- General Mills Vanilla Spice Cheerios
- General Mills Wheat Chex
- General Mills Wheaties
- Great Value Bran Flakes
- Great Value Corn Squares
- Great Value Crunchy Nuggets
- Great Value Frosted Shredded Wheat
- Great Value Oat Crunch
- Great Value O's
- Great Value Rice Squares
- Great Value Wheat Squares
- Kellogg's Complete Bran
- Kellogg's Frosted Mini Wheats Original
- Kellogg's Frosted Mini Wheats Blueberry
- Kellogg's Frosted Mini Wheats Cinnamon Roll
- Kellogg's Frosted Mini Wheats Golden Honey
- Kellogg's Frosted Mini Wheats Pumpkin Spice
- Kellogg's Frosted Mini Wheats Strawberry
- Kellogg's Little Bites Frosted Mini Wheats
- Kellogg's Little Bites Frosted Mini Wheats Chocolate
- Kiggins Frosted Shredded Wheat
- Kiggins Rollin' Oats
- Malt-O-Meal Frosted Mini Spooners
- Malt-O-Meal Strawberry Cream Mini Spooners
- Market Pantry Frosted Shredded Wheat
- Market Pantry Toasted Oats
- Post Grape-Nuts
- Post Grape-Nuts Flakes
- Post Great Grains Banana Nut

- Post Great Grains Crunchy Pecan
- Quaker Life Original
- Quaker Life Vanilla
- Quaker Oatmeal Squares Brown Sugar
- Quaker Oatmeal Squares Cinnamon
- Quaker Oatmeal Squares Golden Maple
- Quaker Oatmeal Squares Honey Nut
- Ralston Foods Corn Biscuits
- Ralston Foods Bite Size Frosted Shredded Wheat
- Ralston Foods Oat Wise
- Ralston Foods Rice Biscuits
- Ralston Foods Tasteos
- Ralston Foods Wheat Bran Flakes
- Sunbelt Bakery Simple Granola



• Hot Cereal – 9.8-ounce to 36-ounce size

- Cream of Rice 1 Minute
- Cream of Wheat 1 Minute
- Cream of Wheat 2 1/2 Minute
- Cream of Wheat 10 Minute
- Cream of Wheat Instant Whole Grain
- Cream of Wheat Whole Grain
- Malt-O-Meal Chocolate
- Malt-O-Meal Original
- Quaker Instant Grits
- Quaker Instant Oatmeal



MILK

• Least-cost brand

- White Milk- gallon, half-gallon, and quart sizes of Low-Fat (1% or 1/2%) or Fat Free (Skim)

• Substitutes:

- Lactose-Free Milk - Fat-Free or Low-Fat, Half-gallon only
- Buttermilk-Quart size only
- Dry Milk - Fat-Free (25.6 oz = 2 gallons)
- Evaporated Milk - Fat-Free or Low-Fat (12 oz cans; 5 = 1 gallon)
- UHT White Cow's Milk-any brand, quart size only



WHOLE GRAINS

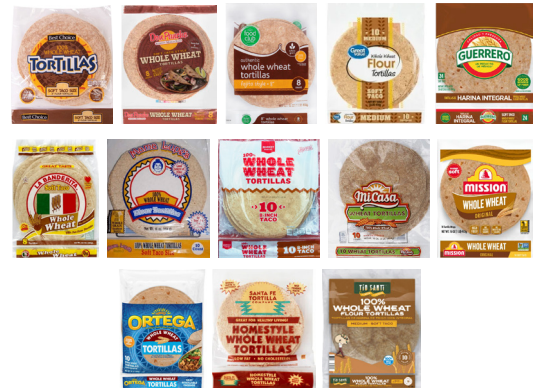
• Whole-Wheat Bread - 16-ounce loaves only

- Best Choice 100% Whole-Wheat
- Best Yet 100% Whole-Wheat
- Bunny 100% Whole-Wheat
- Lewis Healthy Life 100% Whole-Wheat
- Mrs. Baird's 100% Whole-Wheat
- Mrs. Baird's Sugar-Free Whole-Grain Wheat
- Nature's Own Life Sugar-Free 100% Whole-Grain
- Nature's Own 100% Whole-Wheat with Real Honey
- Ozark Hearth 100% Whole-Wheat
- Pepperidge Farm Cinnamon Raisin Swirl 100% Whole-Wheat
- Pepperidge Farm Very Thin Sliced 100% Whole-Wheat
- Sara Lee 100% Whole-Wheat
- Wonder 100% Whole-Wheat



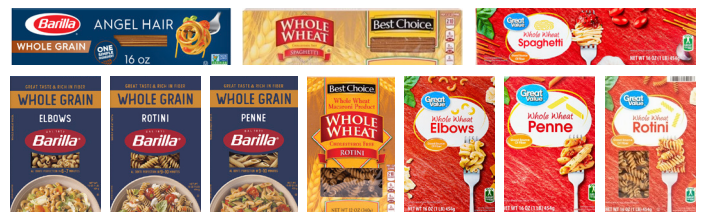
• Whole-Wheat Tortillas - 16-ounce packages only

- Best Choice 100% Whole-Wheat
- Don Pancho Whole-Wheat Taco Size
- Food Club Whole-Wheat Fajita Size
- Great Value Whole-Wheat Taco Size
- Guerrero Whole-Wheat Taco Size
- La Banderita Whole-Wheat Fajita Size
- Mama Lupe's 100% Whole-Wheat Taco Size
- Market Pantry Whole-Wheat
- Mi Casa 100% Whole-Wheat
- Mission Whole-Wheat Fajita Size
- Mission Whole-Wheat Taco Size
- Native Tortilla 100% Whole-Wheat
- Ortega Whole-Wheat
- Santa Fe Tortilla Company Whole-Wheat
- Tio Santi 100% Whole-Wheat Taco Size



• Whole-Wheat Pasta - two 8-ounce or one 16-ounce package only

- Allegra spaghetti
- Barilla angel hair, elbows, linguine, medium shells, penne, rotini, spaghetti and thin spaghetti
- Best Choice rotini and spaghetti
- Food Club penne rigate and spaghetti
- Gia Russa angel hair, lasagna, linguine, medium shells, penne rigate, roman rigatoni, rotini, spaghetti and thin spaghetti
- Great Value elbows, linguine, penne, rotini, spaghetti and thin spaghetti
- Hodgson Mill angel hair, elbows, lasagna, spaghetti, spinach spaghetti, spirals and thin spaghetti
- Racconto capellini, elbows, farfalle, linguine, penne rigate, rigatoni, rotini and spaghetti
- Ronzoni Healthy Harvest linguine, penne rigate, rotini, spaghetti and thin spaghetti



FISH

- **Tuna (any sauce or brand)**
 - 2.5- through 5-ounce can or pouch
- **Sardines (any sauce or brand)**
 - 3.75- through 15-ounce can
- **Salmon, pink or white (any sauce or brand)**
 - 2.5- through 15-ounce can or pouch
- **Chub mackerel (oil or water, any brand)**
 - 15-ounce can only



NOT INCLUDED:

- Albacore, hickory-smoked, organic, solid or chunk white
- Organic sardines, salmon or chub mackerel

PEANUT BUTTER OR BEANS:

- **Peanut butter (any brand) - 16- or 18-ounce jar only**
NOT INCLUDED:
 - Omega-3, organic or added ingredients including but not limited to chocolate, honey, jelly or marshmallow
- **Beans (any brand) - 15- or 16-ounce cans, 4 cans = 1 pound of dry beans**
 - Kidney beans, pinto beans, black beans, lima beans, fat-free refried beans or black-eyed peas



NOT INCLUDED:

- Green beans, organic or added meats, sugars, fats or oils

FRUITS AND VEGETABLES

- **Fruits - Fresh, Frozen and Canned**
 - Any variety, whole or cut (without added sugar, artificial sweeteners, fats, oils or salts)
 - Bagged or prepackaged fruits (without added dips)
 - Organic fruits
- **Vegetables - Fresh, Frozen and Canned**
 - Any variety, whole or cut (without added sugar, artificial sweeteners, fats or oils)
 - Bagged or prepackaged vegetables, including salads (without dips or dressings)
 - All potatoes and yams
 - Organic vegetables

NOT INCLUDED:

- Salad bar, fruit baskets, party trays, breaded vegetables, creamed or sauced vegetables, fruit-nut mixtures, vegetable-grain mixtures (e.g., pasta, rice), herbs or spices (anise, basil, bay leaves, caraway, chervil, chives, cilantro, dill, fenugreek, horseradish, lemon grass, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme, vanilla bean), edible blossoms and flowers (e.g., squash blossoms), ornamental and decorative fruits and vegetables (e.g., chili peppers on a string, garlic on a string, gourds, painted pumpkins)

