

Shelf-Stable Allowed Fruits



- ✓ Any variety of whole or cut shelf-stable fruit without any added fats, oils, sugars or sodium.
- ✓ Canned or single serve containers including fruit cups in their own juice or 100% juice or fruit cups with no added spices.
- ✓ Applesauce with fruit flavors is allowed, such as strawberry applesauce, as well as cinnamon applesauce with no added sugar
- ✓ Organic fruits.
- ✓ Any shelf stable canned or cut fruit that has fruit as their first ingredient listed.

Shelf-Stable Allowed Vegetables



- ✓ Any variety of whole or cut shelf-stable vegetable without any added fats, oils, or herbs.
- ✓ Vegetables can be regular or low in sodium (salt).
- ✓ Vegetables without added noodles, nuts, or sauces.
- ✓ Immature beans including green beans and sprouts, peas, or lentils.
- ✓ Canned or single serve containers.
- ✓ Vegetables must be the first ingredient listed.
- ✓ Organic vegetables.
- ✓ Shelf-stable mixed vegetables with added spices or herbs.
- ✓ Canned potatoes of any variety.

Shelf-Stable Fruits & Vegetables Not Allowed

- ✗ Canned or single serve fruits or vegetables where fruits or vegetable is not listed as the first ingredient.
- ✗ Mixed vegetables with added noodles, rice, or sauces.
- ✗ Fruits or vegetables with added sugar such as high fructose corn syrup.
- ✗ Fruit with added seeds/grains like chia seeds or oats.
- ✗ Creamed vegetables (e.g. creamed corn)
- ✗ Dry fruit and nut mixtures.
- ✗ Dried or fresh herbs.
- ✗ Fruit in gel.



Choctaw Nation

Summer EBT