

Canned fish — more information

Allowed:

Chunk light tuna

- Store brand or private label
- 5 ounce (oz) to 30 oz cans
- Packed in water or oil
- May include bones or skin
- Regular or lower sodium
- May contain flavorings (lemon, herbs, broth)

Allowed brands in different sizes

3 oz cans - multipacks

- Kroger (3 cans)

5 oz cans

- Essential Everyday
- Field Day
- Food Club
- Great Value
- Kroger
- Open Nature
- Simple Truth
- Signature Select
- WinCo

5 oz cans - multipacks

- Essential Everyday (4 cans)
- Great Value (4 cans)
- Kroger (4 cans)
- Signature Select (4 cans)

12 oz cans

- Essential Everyday
- Food Club
- Great Value
- Kroger
- Open Nature
- Signature Select

Salmon

- Listed brands
- 5 oz to 30 oz cans or 5 oz pouches
- Packed in water or oil
- May include bones or skin
- Regular or lower sodium
- May contain flavorings (lemon, herbs, broth)

5 oz pouches

- Bumble Bee
- Chicken of the Sea

5 oz cans

- Bumble Bee
- Chicken of the Sea
- Food Club
- Great Value
- StarKist

14.75 oz cans

- Bumble Bee
- Chicken of the Sea
- Essential Everyday
- Great Value
- Kroger
- Signature Select
- StarKist
- Food Club

7.5 oz cans

- Bumble Bee
- Field Day
- Kroger

Mackerel

- Listed brands
- 15 oz cans
- Packed in water

15 oz cans

- Bumble Bee
- Kroger

Sardines

- Listed brands
- 3.75 oz cans
- Packed in water, oil, or seasoning (Louisiana hot sauce, mustard, tomato sauce, etc.)

3.75 oz cans

- Beachcliff
- Brunswick
- Bumble Bee
- Great Value
- Kroger

Not allowed: Solid white or chunk white albacore tuna; blueback or Atlantic salmon; gourmet.