

Canned fish - more information

Allowed:

Chunk light tuna

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

Allowed brands in different sizes

5 oz cans

- Crazy Value
- Essential Everyday
- Food Club
- Great Value
- Harmons (Skipjack)
- Kroger
- Open Nature
- Signature Select
- Simple Truth (Skipjack)
- WinCo

5 oz cans - multipacks

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

12 oz cans

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

Pink salmon or jack mackerel

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

Allowed brands in different sizes

5 oz cans

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

5 oz pouches

- Bumble Bee
- Chicken of the Sea

7.5 oz cans

- Bumble Bee

14.75 oz cans

- Bumble Bee
- Essential Everyday
- Food Club
- Great Value
- Kroger
- Signature Select
- StarKist

15 oz cans (jack mackerel)

- Bumble Bee
- Kroger

Not allowed: Solid white or chunk white albacore tuna; red, blueback, Atlantic, or sockeye salmon; gourmet; pouches less than 5 oz.

30 oz tuna	 six 5 oz cans	 three 5 oz cans + one 12 oz can	 one 5 oz can + two 12 oz cans	
30 oz salmon	 six 5 oz cans	 six 5 oz pouches	 two 14.75 oz cans	 three 5 oz cans + one 14.75 oz can
30 oz tuna/ salmon	 six 5 oz cans	 three 5 oz cans + one 14.75 oz can	 three 5 oz cans + one 12 oz can	 three 5 oz cans + three 5 oz pouches