# eWIC Shopping Guide—Canned Fish

**Buy:**

**Chunk Light Tuna or Jack Mackerel**

- Water or oil packed
- 5 oz - 30 oz cans
- Store brand/private label

| **5 oz cans** | **12 oz cans** | **15 oz cans** (Jack Mackerel) |
|---|---|---|
| Food Club | Food Club | Kroger |
| Great Value | Kroger | |
| Harmons (Skipjack) | Open Nature | |
| Kroger | Signature Kitchens | |
| Open Nature | | |
| Shurfine | | |
| Signature Kitchens | | |
| Signature Select (4 pack) | | |
| WinCo | | |

**Pink Salmon**

- Water or oil packed
- 5 oz - 30 oz cans or 5 oz pouches
- Bumble Bee, Chicken of The Sea, StarKist, store brand/private label

| **5 oz cans** | **14.75 oz cans** | **5 oz pouches** |
|---|---|---|
| Bumble Bee | Bumble Bee | Bumble Bee |
| Chicken of The Sea | Chicken of The Sea | Chicken of The Sea |
| Food Club | Food Club | |
| Full Circle (6 oz) | Great Value | |
| Kroger (6 oz ) | Kroger | |
| StarKist | Signature Select | |
| | StarKist | |
| | Signature Select | |

**Do Not Buy:** Solid white or chunk white albacore tuna; red, blueback, Atlantic, or sockeye salmon; low sodium; gourmet; flavored/seasoned; pouches less than 5 oz.

| | | | | |
|---|---|---|---|---|
| **30 oz Tuna** | 6 5 oz cans | 3 5 oz cans + 1 12 oz can | 1 5 oz can + 2 12 oz cans | |
| **30 oz Salmon** | 6 5 oz cans | 6 5 oz pouches | 2 14.75 oz cans | 3 5 oz cans + 1 14.75 oz can |
| **30 oz Tuna/ Salmon** | 6 5 oz cans | 3 5 oz cans + 1 14.75 oz can | 3 5 oz cans + 1 12 oz can | 3 5 oz cans + 3 5 oz pouches |