

Canned Fish - eWIC Quick Pick Guide

Allowed:

Chunk Light Tuna or Jack Mackerel

- Store brand/private label
- 5 oz - 30 oz cans
- Water or oil packed
- May include bones or skin
- Regular or low sodium
- May include flavorings (lemon, herbs, broth)

Allowed brands in different sizes

5 oz cans

- Kroger
- Simple Truth (Skipjack)
- Harmons (Skipjack)
- Signature Select (1, 4 pack)
- Food Club
- WinCo
- Great Value (1, 4 pack) Open Nature
- Crazy Value
- Essential Everyday (1, 4 pack)

12 oz cans

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

15 oz cans (Jack Mackerel)

- Kroger
- Bumble Bee

Pink Salmon

- Store brand/private label or name brand listed
- 5 oz - 30 oz cans or 5 oz pouches
- Water or oil packed
- May include bones or skin
- Regular or low sodium
- May include flavorings (lemon, herbs, broth)

Allowed brands in different sizes

5 oz cans

- Food Club
- Chicken of The Sea
- Great Value
- StarKist
- Bumble Bee (5, 7.5 oz)












14.75 oz cans

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

5 oz pouches

- Bumble Bee
- Chicken of The Sea

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

30 oz Tuna	 <p>six-5 oz cans</p>	 <p>three-5 oz cans + 1 12 oz can</p>	 <p>one-5 oz can + two-12 oz cans</p>	
30 oz Salmon	 <p>six-5 oz cans</p>	 <p>six-5 oz pouches</p>	 <p>two-14.75 oz cans</p>	 <p>three-5 oz cans + one-14.75 oz can</p>
30 oz Tuna/ Salmon	 <p>six-5 oz cans</p>	 <p>three-5 oz cans + 1 14.75 oz can</p>	 <p>three-5 oz cans + 1 12 oz can</p>	 <p>three-5 oz cans + three-5 oz pouches</p>