

BUY

Must Be

Chunk light tuna in water, net wt. 5 oz to 6 oz (not drained wt.)

Pink salmon, 5 oz to 14.75 oz

Sardines in water, 3.75 oz to 4.4 oz



You Can Choose

Any brand

Boneless

Low sodium

No added salt

Skinless

Wild caught

DON'T BUY

With added flavors, foods, or spices

Albacore tuna

Brisling sardines

Dried

Fancy

Fillet

Foil bags or pouches

Fresh

Frozen

Glass

Gourmet

Jack Mackerel

Line or pole caught

Organic

Plastic

Red salmon

Smoked

Snack packs

Solid or chunk white tuna

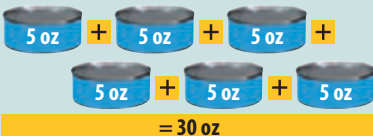
Specialty salmon or tuna steak

Tongol tuna

Yellowfin tuna

SHOPPING TIP

You can choose a combination of chunk light tuna, pink salmon, or sardines up to the amount of ounces (oz) printed on the WIC check. Examples:



OR

