

What counts as a staple food?

	Counts	Does NOT Count
<u>Dried peas, beans, lentils</u>	<ul style="list-style-type: none"> • Black beans • Garbanzo beans (chickpeas) • Kidney beans • Pinto beans • Black-eyed peas • Great northern beans • White beans (navy and pea beans) • Mature lima beans ("butter beans") • Fava and mung beans • Soybeans • Split peas • Lentils 	<ul style="list-style-type: none"> • No added seasonings or soup mix
<u>Canned beans or legumes</u>	<ul style="list-style-type: none"> • Same as above 	<ul style="list-style-type: none"> • No added ingredients like fats, sugar/corn syrup, oils, or meats • No green beans, baked beans, refried beans, chili beans, pork and beans • No soup mix
<u>Meat, poultry, fish, and vegetable proteins</u>	<ul style="list-style-type: none"> • Pre-packaged cuts of chicken, beef, turkey, pork • Packaged meat products (e.g. bratwurst, hot dogs, lunch meat, bacon, sausage) • Canned tuna fish, salmon, sardines, mackerel packed in water • Tofu • Tahini • Peanut butter or other nut butter (e.g. almond butter) 	<ul style="list-style-type: none"> • No individual servings of lunch meat • No freshly sliced deli meats • No canned fish packed in oil or sauce • No nut butters that contain other food products such as jelly, jam, chocolate, or honey
<u>Eggs</u>	<ul style="list-style-type: none"> • 1-dozen containers of large-size eggs 	<ul style="list-style-type: none"> • No half-dozen or 18-egg containers • No extra large-size eggs
<u>Cheese</u>	<p><i>Blocks, shredded, grated, diced, pre-packaged sliced cheeses including:</i></p> <ul style="list-style-type: none"> • Cheddar • Colby • Monterey Jack • Mozzarella • Muenster • Provolone • Swiss 	<ul style="list-style-type: none"> • No cheese food • No American cheese or individually wrapped slices of cheese • No individual string cheese

	<ul style="list-style-type: none"> • Parmesan • Blends (e.g. Colby Jack, Mexican, Italian blend) • Cream cheese • String cheese (if in packages of at least 8oz.) 	
<u>Milk</u>	<ul style="list-style-type: none"> • Skim, 1%, or 2% cow's milk • Unflavored/"original" soy milk or other milk alternative (e.g. almond, rice, hemp, coconut) 	<ul style="list-style-type: none"> • No buttermilk or chocolate milk • No items that are not in gallon or half-gallon containers
<u>Whole grains</u>	<ul style="list-style-type: none"> • Brown rice • Bread (if the first ingredient is a whole grain, e.g. whole wheat flour) • Corn tortillas (white and yellow) • Oatmeal • Plain un-popped popcorn • Whole wheat • Teff flour • Whole cornmeal • Masa 	<ul style="list-style-type: none"> • No products with "enriched wheat flour" • No popcorn with butter or added ingredients • No flour tortillas
<u>Whole grain cereal</u>	<p><i>Whole grain listed as first ingredient (whole grain wheat, whole grain corn or whole corn, brown rice) including:</i></p> <ul style="list-style-type: none"> • Cheerios • Kix • Total • Wheaties • Grape Nuts • Raisin Bran 	<ul style="list-style-type: none"> • No cereals that list the following as the first ingredient: <ul style="list-style-type: none"> ○ Enriched flour ○ Wheat flour ○ Milled corn ○ Corn ○ Rice ○ Bran ○ Farina
<u>100% juice</u>	<ul style="list-style-type: none"> • 100% fruit juice • 100% vegetable juice • Tomato juice 	<ul style="list-style-type: none"> • No containers smaller than 59 fluid oz. or smaller than 11.5oz. concentrate • No fresh-squeezed juices
<u>Fruits and vegetables</u>	<ul style="list-style-type: none"> • Apples • Bananas • Oranges • Tomatoes • Avocados • Carrots • Potatoes • Onions • Melons • Fresh fruit cups • Frozen fruits and vegetables with no added ingredients 	<ul style="list-style-type: none"> • No added ingredients such as sweeteners, salt, sauces or seasonings • No pre-packaged fruit cups in syrup or fruit juice • No canned or dried fruit • No vegetables with dressings, croutons, or cheese • No herbs