

Fish

Allowed Examples*

Up to 30 oz of any brand or type of chunk light tuna, mackerel, sardines or pink salmon. These products can be in a can or pouch, packed in oil or water, include added sauces and flavorings and may include bones or skin.



2.5 oz pouch



4 pk-5 oz cans



6 oz pouch



15 oz can



5 oz can

NOT Allowed Examples*



Albacore/solid white tuna



Blue Harbor brand



King Mackerel



Atlantic Salmon



Wild Planet Brand



Fresh/Frozen



Smoked Sockeye Salmon



Lunch kits/tuna salad

**Note: These are examples only and not limited to the brands and packages shown.*

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