

DELAWARE WIC AUTHORIZED FOOD LIST

INFORMATION FOR PARTICIPANTS

BABY FOOD

**GERBER OR BEECH-NUT BRAND
ORGANIC GERBER, BEECH-NUT,
HAPPY BABY**

FRUITS & VEGETABLES

Gerber Brand – 2nd Foods (2 pack)
Beech-Nut Brand – 2nd Foods (4 oz. jar)
Organic Gerber Brand – 2nd Foods
(4 oz. jar)
Organic Beech-Nut Brand – 2nd foods
(4 oz. jar)
Happy Baby Brand – 2nd Foods (4 oz. jar)

- Single or mixed fruits
- Single or mixed vegetables
- Fruit and veggie blend

CANNOT BUY: desserts, dinners, cobbler, delights, custards, yogurts, medleys, added DHA/ARA, or added sugar, starch, or salt

MEATS

Gerber Brand – 2nd Foods

2½ oz. containers

- Single meats with broth
- Single meats with gravy

CANNOT BUY: dinners, graduates, sticks, or organic

Exclusively Breastfed Infants Only

INFANT CEREAL

GERBER OR BEECH-NUT BRAND

8 oz. and 16 oz. containers

Authorized choices of the following single grain cereals:

- Multigrain
- Rice
- Oatmeal
- Whole wheat

CANNOT BUY: cereal with added fruit, formula, DHA/ARA, or organic

INFANT FORMULA

ONLY THE BRAND, TYPE (POWDER, CONCENTRATE OR READY-TO-FEED) AND SIZE PRESCRIBED TO THE WIC PARTICIPANT.

CANNOT BUY: any other brand, type, or size

You will need to contact your local WIC office for returns or exchanges of formula.

BREAKFAST CEREALS

COLD CEREAL

8.9 oz. up to 36 oz. boxes

GENERAL MILLS



Cheerios



Multi-Grain Cheerios



Cinnamon Chex



Corn Chex



Rice Chex



Wheat Chex



Berry Berry Kix



Kix

KELLOGG'S



Total Whole Grain



Wheaties



All-Bran Complete Wheat Flakes



Corn Flakes



Crispix



Frosted Mini-Wheats Little Bites



Frosted Mini-Wheats Original



Rice Krispies

POST QUAKER



Grape-Nuts The Original



Life Original



Oatmeal Squares Brown Sugar



Oatmeal Squares Cinnamon

HOT CEREAL

B&G



Cream of Rice (regular)



Cream of Rice (packets)



Cream of Wheat Original 2½ Minute



Cream of Wheat Original Instant (packets)

QUAKER



Cream of Wheat Whole Grain 2½ Minute



Cream of Wheat Whole Grain Instant (packets)

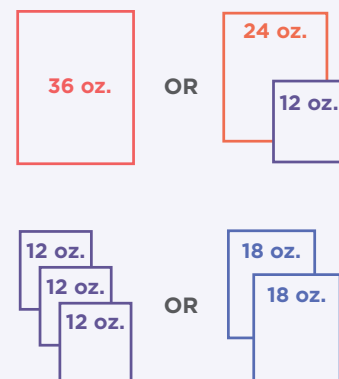


Instant Oatmeal Original (individual serving packages only)



Instant Grits Original

WAYS TO BUY CEREAL



CANNOT BUY: any cereal or brand not listed, or organic cereal

YOGURT

32 OZ. CONTAINERS OF REGULAR OR GREEK, PLAIN, OR VANILLA FLAVORS ONLY

Whole fat, low fat, nonfat as listed on food package

Other authorized choices and flavors:

- Yoplait Go-Gurt (eight 2 oz. tubes) (sixteen 2 oz. tubes)
- Yoplait Kid (eight 4 oz. cups)
- Activia (four pack 4 oz. cups)



CANNOT BUY: drinkable yogurts, yogurts with mix-in-ingredients such as: granola, candy pieces, honey, or nuts

MILK

STORE BRAND OR STORE DESIGNATED BRAND



Product type and size as listed on the current benefits

- Fresh (not flavored)
- Whole, low fat (1%), skim
- Lactose reduced (whole, low fat (1%), skim)
- Evaporated milk (whole, low fat (1%), skim)
- UHT “Ultra High Temperature” (whole, low fat (1%), skim) (example: Parmalat, Natrel, etc.)
- Dry milk

SOY MILK

Half-gallon containers

- **8th Continent:** Original or Vanilla
- **Silk:** Original

CANNOT BUY: flavored milk, raw unpasteurized milk, non-dairy milk substitutes, organic, or milk alternatives

CHEESE

STORE BRAND OR STORE DESIGNATED BRAND



1 lb. or 8 oz. package (8 oz. or 16 oz.)

Authorized choices of the following:

- Pasteurized Processed American
- Cheddar (block or shredded)
- Mozzarella (block or shredded)

CANNOT BUY: imported cheese, cheese food, product or spread, cheese with added flavors, individually wrapped slices, organic, Velveeta, Cheez Whiz, Kraft Singles, low fat or low sodium products, grated or cheese sticks, deli-sliced cheese, variety packs (i.e., American/Swiss)

EGGS



STORE BRAND OR STORE DESIGNATED BRAND

One dozen, large, white only

CANNOT BUY: brown, free-range, specialty eggs (Eggland's Best or EggsPlus), or organic

WHOLE GRAINS – TORTILLAS, BREAD, PASTA, & RICE

100% WHOLE WHEAT OR CORN TORTILLAS

STORE BRAND OR STORE DESIGNATED BRAND

1 lb. (16 oz.) package

- **Bowl & Basket** 100% Whole Wheat Tortillas
- **Chi-Chi's** 100% Whole Wheat or Corn Tortillas
- **Essential Everyday** 100% Whole Wheat or Corn Tortillas
- **Don Pancho** 100% Whole Wheat or Corn Tortillas
- **Food Lion** 100% Whole Wheat Tortillas
- **Giant** 100% Whole Wheat or Corn Tortillas
- **Great Value** 100% Whole Wheat Tortillas
- **La Banderita** 100% Whole Wheat or Corn Tortillas
- **Natures Promise** Whole Wheat Tortillas
- **Micasa** Whole Wheat Tortillas
- **Mission** 100% Whole Wheat or Corn Tortillas
- **Ortega** Whole Wheat Tortillas
- **Shoprite** 100% Whole Wheat Tortillas
- **Siempre Autentico** Whole Wheat Flour Tortillas
- **Signature Select** 100% Whole Wheat Tortillas
- **Tio Santi** 100% Whole Wheat Tortillas
- **Weis** 100% Whole Wheat Tortillas

100% WHOLE WHEAT BREAD

STORE BRAND OR STORE DESIGNATED BRAND

1 lb. (16 oz.) package

100% whole wheat bread only. Whole wheat flour must be the first ingredient listed.

100% WHOLE WHEAT PASTA

STORE BRAND OR STORE DESIGNATED BRAND

1 lb. (16 oz.) package

100% WHOLE GRAIN BROWN RICE

STORE BRAND OR STORE DESIGNATED BRAND

1 lb. (16 oz.) package



FRESH FRUITS & VEGETABLES

FRESH FRUITS & VEGETABLES ONLY

- Any variety of fresh, bulk fruits and vegetables
- Bagged fruit
- Bagged salad mixes (no dressing, croutons, nuts, or meat added)
- Bagged and loose vegetables
- Tubs of cut fruit or vegetables (no dressing or dip)
- Organic

CANNOT BUY: frozen fruit, frozen vegetables, canned fruit, canned vegetables, dried fruit, dried vegetables, herbs (i.e., basil, cilantro, parsley), spices (i.e., vanilla bean, cinnamon sticks), or fruit cups (i.e., Del Monte, Dole)



DRIED BEANS/PEAS

STORE BRAND OR STORE DESIGNATED BRAND

1 lb. (16 oz.) bag

Your choice of:

- Dried beans
- Peas
- Lentils



CANNOT BUY: soup mixes, canned beans, or beans mixed with spices or meat

PEANUT BUTTER

STORE BRAND OR STORE DESIGNATED BRAND

16-18 oz. jar

- Creamy
- Crunchy



CANNOT BUY: powdered peanut butter, peanut butter spreads, peanut butter with added flavors or fortified peanut butter, natural, or organic

CANNED FISH

STORE BRAND OR STORE DESIGNATED BRAND

Up to 30 oz. cans

Available to exclusively breastfeeding mothers and pregnant or breastfeeding mothers with twins or triplets.

- Chunk Light Tuna, water packed (5 oz. cans)
- Wild Alaska or Pink Salmon, water packed (5 oz., 7.5 oz., or 14.75 oz. cans)

CANNOT BUY: albacore tuna, tuna spreads, or any other type of salmon, lunch packs, or fish with added flavoring

Exclusively Breastfeeding Mothers Only

JUICE

STORE BRAND OR STORE DESIGNATED BRAND

64 oz. plastic bottles (children)

11.5-12 oz. frozen concentrate (mothers)

100% FRUIT JUICE ONLY

- No sugar added
- No organic or DHA
- No infant juice
- No juice cocktails, drinks, or ades
- No calcium or fiber fortified

TIP:

Make sure to not go over the ounces listed on the current benefits.



12 oz. Frozen Concentrate
-Apple -Orange



12 oz. Frozen Concentrate
-Apple -Orange



12 oz. Frozen Concentrate
-Apple -Orange



12 oz. Frozen Concentrate
-Apple -Orange



12 oz. Frozen Concentrate
-Apple -Orange



64 oz. Plastic Bottles
-Any flavor -No Harvest Surprise



64 oz. Plastic Bottles
-Apple



64 oz. Plastic Bottles
-Apple -Premium Apple



64 oz. Plastic Bottles
-Any flavor with a green lid
12 oz. Frozen Concentrate
-Any flavor with a green lid



64 oz. Plastic Bottles
-Apple
12 oz. Frozen Concentrate
-Apple



12 oz. Frozen Concentrate
-Apple -Orange



12 oz. Frozen Concentrate
-Apple -Orange



12 oz. Frozen Concentrate
-Apple -Orange



12 oz. Frozen Concentrate
-Apple -Orange



12 oz. Frozen Concentrate
-Apple -Orange



11.5 oz. Frozen Concentrate
-Any flavor with a yellow band



64 oz. Plastic Bottles
-Apple



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
WIC Program

QUESTIONS?

Or to make an appointment, call:

New Castle County
Hudson: (302) 605-4066
West End: (302) 605-6653
Northeast/Claymont: (302) 605-4099
Email: nccwic@delaware.gov

Kent County
(302) 605-1833
(302) 605-4077 (Spanish)
Email: kentwic@delaware.gov

Sussex County
(302) 605-4055
(302) 605-4077 (Spanish)
Email: sussexwic@delaware.gov

The information in this list is subject to change.
This institution is an equal opportunity provider.