

# Get more out of WIC!



Starting in November, WIC is making it easier for families to eat healthy.

## More benefits.

The monthly Cash Value Benefit was increased and will be automatically added to your eWIC card each month:

**\$52** for fully and partially breastfeeding participants

**\$47** for pregnant and postpartum participants

## More options.

While fresh fruits and veggies are best, eligible canned and frozen fruits and vegetables can now be purchased.

**\$26** for child participants (ages 1 to 5)

### WIC-APPROVED CANNED

- Water or juice packed
- Low sodium is OK
- Added herbs and spices are OK

### WIC-APPROVED FROZEN

- Plain
- Low sodium is OK
- Added herbs and spices are OK

### NOT WIC-APPROVED

- Water as the first ingredient
- With sugar or syrup
- With artificial, reduced-calorie, or no-calorie sweeteners
- With butter, fat, oil, or meat
- With vinegar
- With rice, pasta, or other grains
- Pickled vegetables, relishes, olives, or ketchup/catsup
- Soup
- Pouches

### NOT WIC-APPROVED

- With sugar or syrup
- With artificial, reduced-calorie, or no-calorie sweeteners
- With rice, pasta, or breading
- With sauces, cheese, or milk
- With butter, fat, oil, or meat
- Soup
- Herbs by themselves

## More WIC.

Eating healthy is easier than ever with your eWIC card.



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
WIC Program