

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:

- Dinners
- Desserts
- Cobblers
- Delights
- Custards
- Yogurts
- Medleys
- Added DHA/ARA
- 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
- 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
- Oatmeal
- Rice
- Whole wheat

CANNOT BUY:

- Cereal with added fruit
- Formula
- DHA/ARA
- Organic

INFANT FORMULA

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

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



Grape-Nuts The Original

QUAKER



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

CANNOT BUY:

- Any cereal or brand not listed
- Organic cereal

WAYS TO BUY CEREAL

36 oz.

OR

24 oz.

12 oz.

12 oz.

12 oz.

12 oz.

OR

18 oz.

18 oz.



CANNOT BUY:

- Any other brand, type, or size

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

- 1-2 YEAR OLD CHILDREN GET WHOLE MILK
- 2-5 YEAR OLD CHILDREN AND WOMEN, GET LOW-FAT (1%) OR NON-FAT (SKIM) MILK

THE YOGURT YOU CHOOSE AT THE STORE MUST BE THE SAME FAT AS WHAT YOU GET IN YOUR MILK.

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
- Milk alternatives



CHEESE

STORE BRAND OR STORE DESIGNATED BRAND

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

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 or 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



EGGS

STORE BRAND OR STORE DESIGNATED BRAND

One dozen, large, white only

CANNOT BUY:

- Brown
- Free-range
- Specialty eggs (Eggland's Best or EggsPlus)
- 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





FRUITS & VEGETABLES

FRESH FRUITS & VEGETABLES

- 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:

- Dried fruit
- Dried vegetables
- Herbs (i.e., basil, cilantro, parsley)
- Spices (i.e., vanilla bean, cinnamon sticks)
- Fruit cups (i.e., Del Monte, Dole)

FROZEN FRUITS & VEGETABLES

- Plain
- Low sodium
- Added herbs and spices

CANNOT BUY:

- With added 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

CANNED FRUITS & VEGETABLES

- Water or juice packed
- Low sodium
- Added herbs or spices

CANNOT BUY:

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



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
- 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
- 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
- Any other type of salmon
- Lunch packs
- 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		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
	12 oz. Frozen Concentrate -Apple -Orange		12 oz. Frozen Concentrate -Apple -Orange
	64 oz. Plastic Bottles -Any flavor -No Harvest Surprise		12 oz. Frozen Concentrate -Apple -Orange
	64 oz. Plastic Bottles -Apple		12 oz. Frozen Concentrate -Apple -Orange
	64 oz. Plastic Bottles -Apple -Premium Apple		11.5 oz. Frozen Concentrate -Any flavor with a yellow band
	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



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.