

# DELAWARE WIC AUTHORIZED FOOD LIST

INFORMATION FOR PARTICIPANTS

## BABY FOOD

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

### FRUITS & VEGETABLES

Beech-Nut Brand –  
2nd Foods (4 oz. jar)  
Beech-Nut Organic Brand –  
2nd Foods (4 oz. jar)  
Gerber Brand –  
2nd Foods (2 pack)  
Gerber Organic 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
- Beech-Nut Naturals
- 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-USE) 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

#### KASHI



Total Whole Grain



Wheaties



Organic Honey Toasted



Organic Warm Cinnamon

#### KELLOGG'S



All-Bran Complete Wheat Flakes



Corn Flakes



Crispix



Frosted Mini-Wheats Little Bites

#### POST



Frosted Mini-Wheats Original



Rice Krispies



Grape-Nuts The Original



Life Original

#### QUAKER



Oatmeal Squares Brown Sugar



Oatmeal Squares Cinnamon

### TIP:

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

### HOT CEREAL

#### B&G



Cream of Rice (regular)



Cream of Rice (packets)



Cream of Wheat Original 2½ Minute



Cream of Wheat Instant (packets)

#### QUAKER



Cream of Wheat Whole Grain 2½ Minute



Cream of Wheat Whole Grain Instant (packets)



Instant Oatmeal Original (individual serving packages only)

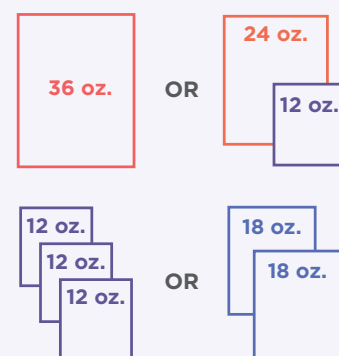


Instant Grits Original

### CANNOT BUY:

- Any cereal or brand not listed

### WAYS TO BUY CEREAL



### CANNOT BUY:

- Any other brand, type, or size

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

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

## 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)
- Silk Soy (24 oz.)

#### CANNOT BUY:

- Drinkable yogurts
- Yogurts with mix-in-ingredients such as: granola, candy pieces, honey, or nuts



Axelrod



Best Yet



Cabot



Chobani



Coburn Farms



Dannon



Essential Everyday



Food Lion



Giant



Great Value



LaLa



LaYogurt



Lucerne



Shop Rite



Stonyfield Organic



Weis



Yoplait

## 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, & QUINOA

## 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
- **Nature's Promise** Whole Wheat Tortillas
- **Mi Casa** 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

## QUINOA

12 or 16 oz. packages

- **Nature's Promise Organic** Classic Quinoa or Tri-Color Quinoa
- **Organics** Classic Quinoa or Tri-Color Quinoa







## 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)
- Fresh herbs (cut at the root or with the root intact)
- Organic

#### **CANNOT BUY:**

- Dried fruit
- Dried vegetables
- Spices (i.e., vanilla bean, cinnamon sticks)
- Herbs that are potted, dried, or processed herbs in singular form

### FROZEN FRUITS & VEGETABLES

- Plain
- Frozen vegetables: regular or low sodium
- Frozen fruit: cannot contain salt
- 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
- Canned vegetables: regular or low sodium
- Canned fruit: cannot contain salt
- 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



## BEANS, PEAS, LENTILS

### STORE BRAND OR STORE DESIGNATED BRAND

- Dried, 1 lb (16 oz.) bag
- Canned, water packed 15 to 16 oz. can

#### **CANNOT BUY:**

- Soup mixes
- Beans mixed with spices or meat



## NUT BUTTERS

### PEANUT BUTTER OR ALMOND BUTTER

16-18 oz. jar

- Creamy
- Crunchy

#### **CANNOT BUY:**

- Powdered peanut butter
- Peanut butter spreads
- Peanut butter with added flavors
- Fortified peanut butter or organic



## CANNED FISH

### STORE BRAND OR STORE DESIGNATED BRAND

Up to 30 oz.

*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



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



64 oz. Plastic Bottles  
-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.