



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
WIC Program

2025-2027 Delaware WIC Program Guide

Information for Participants

WHAT TO BRING TO YOUR WIC APPOINTMENT:

On the appointment day, be sure to bring the papers you were asked to provide!

1 Proof of Identity (Examples):

- Photo identification
- Driver's license
- School identification
- Birth certificate
- Delaware Medicaid card
- Passport
- Military Identification

2 Proof of Identity for Child/Infant (Examples):

- Birth certificate
- Foster care/adoption papers
- Delaware Medicaid card
- Immunization records

3 Proof of where you are currently living. This proof must include your name and address. (Examples):

- Utility bill
- Rent receipt
- Lease/Housing agreement
- Envelope that was mailed to you

4 Current Proof of Household Income for all people living in your house (Examples):

- Paystubs from job(s) (2 most recent)
- Medicaid card
- Current unemployment check stub
- A statement of workman's compensation, social security, or child support income
- Military Leave and Earning Statement (LES)
- Recent 1040 tax statement if self-employed

WHAT TO BRING TO THE AUTHORIZED WIC GROCERY STORE



eWIC card



WIC Items
Shopping List



Delaware WIC
Shopping App
(on your phone)

Buying, selling, or otherwise misusing WIC benefits is a crime. To report suspected abuse, call 800-424-9121 or visit: <https://usdaoig.oversight.gov/>.

BABY FOOD

Fruits & Vegetables



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

CANNOT BUY:

desserts, dinners, cobblers, delights, custards, yogurts, medleys, Beech-Nut Naturals, added DHA/ARA, or added sugar, starch, or salt



Beech-Nut
2nd Foods
(4 oz. jar)



Beech-Nut Organic
2nd Foods
(4 oz. jar)



Gerber
2nd Foods
(2 pack)



Gerber Organic
2nd Foods
(4 oz. jar)



Happy Baby
2nd Foods
(4 oz. jar)

Meats

2½ oz. containers

- Single meats with broth
- Single meats with gravy



Gerber
2nd Foods

Exclusively Breastfed
Infants Only

CANNOT BUY:

dinners, graduates, sticks,
or organic

Infant Cereal

8 oz. and 16 oz. containers

Authorized choices of the
following single grain cereals:

- Multigrain
- Oatmeal
- Whole Weat



Beech-Nut



Gerber

CANNOT BUY:

cereal with added fruit, formula,
DHA/ARA, or organic

Infant Formula

Only the brand, type (powder,
concentrate, or ready-to-use)
and size prescribed to the WIC
participant.



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

CANNOT BUY:

any other brand, type, or size

DAIRY

Milk



- It is recommended that 1 year old children get whole milk
- It is recommended that 2-5 year old children and women get low-fat (1%) or non-fat (skim) 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, Natrell, etc.)
- Dry milk

CANNOT BUY:

flavored milk, raw
unpasteurized
milk, non-dairy milk
substitutes, organic,
or milk alternatives

DAIRY Soy Milk

Half-gallon containers



8th Continent
Original



Bettergoods
Original



Silk
Original

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

Cheese

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

Store brand or store designated brand

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

Vanilla, Plain, or Greek

32 oz. containers



Chobani



Dannon



La Yogurt



Oikos



Stonyfield
Organic

Plain Regular Yogurt and Plain Greek Yogurt

32 oz. containers



Bettergoods



Bowl and Basket



Cabot



Coburn
Farms



Essential
Everyday



Food Lion



Giant



Great Value



LaLa



Lucerne



Nature's
Promise



Wegmans



Weis



Yoplait

All Flavors of these brands:



Activia
(four pack 4 oz.
cups)



Yoplait Go-Gurt Simply
(eight 2 oz. tubes)
(sixteen 2 oz. tubes)

CANNOT BUY:
regular Go-Gurt, Yoplait Kids, drinkable yogurts, yogurts with mix-in-ingredients such as: granola, candy pieces, honey, or nuts

FRUITS & VEGETABLES

Fresh

- 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

- 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



- 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

PROTEIN

Eggs

One dozen, large, white only

Store brand or store designated brand



CANNOT BUY:

brown, free-range, specialty eggs (Eggland's Best or EggsPlus), or organic

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 or beans mixed with spices or meat

Nut Butter



16-18 oz. jar

Peanut butter or almond butter

- Creamy
- Crunchy



CANNOT BUY:

powdered peanut butter, peanut butter spreads, peanut butter with added flavors or fortified peanut butter, or organic

Fish

Up to 30 oz.

Store brand or store designated brand

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

WHOLE GRAINS

100% Whole Wheat or Corn Tortillas



1 lb. (16 oz.) package

Store brand or store designated brand



Bowl & Basket
100% Whole Wheat



Chi-Chi's
100% Whole Wheat Corn Tortillas



Essential Everyday
100% Whole Wheat Corn Tortillas



Don Pancho
100% Whole Wheat Corn Tortillas



Food Lion
100% Whole Wheat



Giant
100% Whole Wheat Corn Tortillas



Great Value
100% Whole Wheat



La Banderita
100% Whole Wheat Corn Tortillas



Nature's Promise
Whole Wheat



Mi Casa
Whole Wheat



Mission
100% Whole Wheat Corn Tortillas



Ortega
Whole Wheat



Shop Rite
100% Whole Wheat



Siempre Autentico
Whole Wheat Flour



Signature Select
100% Whole Wheat



Tio Santi
100% Whole Wheat



Weis
100% Whole Wheat

100% Whole Wheat Bread

1 lb. (16 oz.) package

Store brand or store designated brand

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



100% Whole Wheat Pasta

1 lb. (16 oz.) package

Store brand or store designated brand



100% Whole Grain Brown Rice

1 lb. (16 oz.) package

Store brand or store designated brand



Quinoa

12 or 16 oz. packages



Nature's Promise Organic
Classic Quinoa
Tri-Color Quinoa



O Organics
Classic Quinoa
Tri-Color Quinoa

BREAKFAST CEREALS

Cold Cereal



8.9 oz. up to 36 oz. boxes

General Mills



Bluey



Cheerios



Hearty Nut
Medley Cheerios



Multi-Grain
Cheerios



Cinnamon
Chex



Corn Chex



Rice Chex



Strawberry
Vanilla Chex



Wheat Chex



Kix



Total
Whole Grain



Wheaties

Kashi

Kellogg's



Organic Honey
Toasted



All-Bran
Complete
Wheat Flakes



Corn Flakes



Crispix



Frosted
Mini-Wheats
Little Bites



Frosted
Mini-Wheats
Original

Post

Quaker



Rice Krispies



Grape-Nuts
The Original



Life
Original



Oatmeal
Squares
Brown Sugar

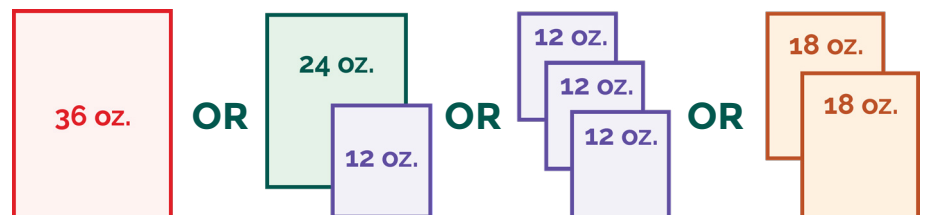


Oatmeal
Squares
Cinnamon

WAYS TO BUY CEREAL

CANNOT BUY:
any cereal or brand not listed

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



BREAKFAST CEREALS

Hot Cereal

8.9 oz. up to 36 oz. boxes

B&G



Cream of Rice
(regular)



Cream of Rice
(packets)



Cream of Wheat
Original
2½ Minute



Cream of Wheat
Original Instant
(packets)



Cream of Wheat
Whole Grain
2½ Minute



Cream of
Wheat Whole
Grain Instant
(packets)

Quaker



Instant Oatmeal
Original
(individual serving
packages only)



Instant Grits
Original

CANNOT BUY:
any cereal or brand not listed

JUICE

100% Fruit Juice Only



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

Juice

64 oz. plastic bottles

Store brand or store designated brand



Juicy Juice
Any flavor
No Harvest
Surprise



Lucky Leaf
Apple



Musselman's
Apple
Premium Apple



Old Orchard
Any flavor with a
green lid



Seneca
Apple



Signature Select
Apple
Orange



White House
Apple





HOW TO USE YOUR EWIC BENEFITS



1. **Select a Delaware WIC authorized store.**
2. **Choose the items you want to buy from your shopping list or remaining benefit amount.**
 - You do not have to buy all the items on your shopping list.
 - Rain checks for out of stock items are not allowed.
 - If a store offers you a rain check, report the store to your local WIC clinic.
 - If the store does not have the item(s) you need, please ask for assistance before checking out. If the item(s) is not available, you may try another store.



Say **YES** to coupons, specials, and store discount cards!



Say **NO** to rain checks, refunds, and IOU's.

1. Before scanning any of the food, tell the cashier you are using an eWIC card.
2. ALWAYS USE YOUR eWIC CARD PRIOR TO OTHER FORMS OF PAYMENT (SNAP, credit card, debit card, etc.).
3. Slide your eWIC card in the Point of Sale (POS) machine or hand your eWIC card to the cashier.
4. Enter your PIN and press the enter button on the keypad.
5. The amount of approved food items and dollar amount of fruits and vegetables you purchase will be deducted from your eWIC benefits.
6. The cashier will give you a receipt which shows your remaining benefit balance and the date benefits expire.

YOUR RIGHTS AND RESPONSIBILITIES



I Will:

- Tell the WIC staff if I cannot keep my appointment, before I miss it.
- Tell the WIC staff if there are changes in my eligibility status.
- Bring my Proof of Identification to every WIC clinic visit.
- Use the eWIC card properly. I will:
 - Keep it clean, away from magnets and electronics, and will not leave it in direct sunlight.
 - Safeguard my eWIC card and PIN.

Be careful about sharing my eWIC card and PIN. Food benefits will not be replaced if my eWIC card was misused by any person to whom I give my eWIC card and/or PIN.

Tell WIC staff if my eWIC card is lost or stolen.

- Purchase only the foods on my shopping list. Substitutions, rain checks, or IOUs are not allowed.
- Teach my second parent and/or designee to use the eWIC card correctly. I am responsible for their actions.
- Tell WIC staff about any complaints or problems about the store.

REMEMBER

- Measurements including height, weight and a blood test for hemoglobin will be done as part of determining WIC eligibility.
- I am responsible for the actions of my second parent and/or designee.

WIC Rules

- I may have to pay back the cost of WIC foods I received or I may be taken off WIC and/or have legal action taken against me if I:
 - Do not tell the truth.
 - Try to or actually participate in more than one WIC program at the same time.
 - Try to or actually obtain WIC benefits under another name.
 - Try to or actually buy foods or any other item not on my authorized WIC Shopping List.
 - Try to or actually return or exchange any of my authorized WIC foods and/or formula.
 - Try to, actually sell or give away my e-WIC card or any of my WIC benefits (food, formula, breast pumps). This includes verbally offering or posting an offer in print or online.
 - Use abusive language, threaten, or being physically violent with people at the WIC office or WIC stores.

RELEASE OF INFORMATION

I understand that information provided to the WIC program that identifies an individual can be released to WIC staff, Division of Public Health or USDA Officials. It may also be released to representatives designated by the Director of Public Health to other health and welfare programs serving WIC participants including the Delaware Immunization Registry. This information is used only to evaluate the eligibility of WIC participants for these programs and for outreach purposes. I have been advised of my Rights and Obligations under the Program. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being made in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State Agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State or Federal law. I may appeal any decision made by the local agency regarding my eligibility for the program. I will call the clinic site or State Agency Office at 1-800-222-2189 if I disagree or have any questions about any decision made in the clinic.



WIC APPOINTMENTS



Remember: Safeguard your eWIC card and PIN. Spent benefits will not be replaced.



Download the WIC Shopping App!

View and receive alerts for your appointments and benefits.



If you miss your WIC appointment:

- you may delay receiving your benefits,
- you may lose benefits or
- you may be terminated from WIC.

Call the clinic immediately to reschedule.

SHOPPING TIPS & REMINDERS

- Handle your eWIC card carefully; it is like cash.
- Shop for WIC food at Delaware authorized grocery stores displaying the "We Accept eWIC" door decal.
- Always use your eWIC card before other forms of payment (SNAP, credit card, debit card, etc.)
- Contact www.ebtedge.com or **1-877-289-8208** right away if something happens to your eWIC card.
- Contact your local WIC clinic if any changes are needed to your food package.
- WIC foods cannot be returned to the store for credit or cash or exchanged for other items.
- After all benefits are used, save your eWIC card! Your next benefits will be purchased with the same eWIC card.
- **DOWNLOAD THE WIC SHOPPING APP!** Use the UPC scan to see if a food is an eligible WIC item. You may also check your remaining benefits and upcoming appointments.
- Be polite to the cashier.



QUESTIONS?

Or to make an appointment call:

New Castle County

302-283-7540

Email: nccwic@delaware.gov

Kent County

302-283-7540

Email: kentwic@delaware.gov

Sussex County

302-283-7540

Email: sussexwic@delaware.gov

The information in this list is subject to change.
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