

DELAWARE

# WIC Program Authorized Food List



Special Supplemental Nutrition Program for Women, Infants & Children (WIC)

















DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
WIC Program

## Cereal

### CHILD & ADULT BRANDS LISTED ONLY

All sizes in each variety up to a 36 ounce package is WIC authorized.

	General Mills <b>Cheerios</b>		General Mills <b>Multi-Grain Cheerios</b>		General Mills <b>Kix</b>
	General Mills <b>Corn Chex</b>		General Mills <b>Rice Chex</b>		General Mills <b>Wheat Chex</b>
	General Mills <b>Wheaties</b>		Kellogg's <b>Corn Flakes</b>		Kellogg's <b>Crispix</b>
	Kellogg's <b>Product 19</b>		Nabisco <b>Cream of Wheat Whole Grain</b> <i>(red or blue box)</i> NO Individual serving packages		Quaker <b>Instant Oatmeal</b> <i>(regular/original)</i> Individual serving packages only
	Quaker <b>Old Fashion Oats</b>		Quaker <b>Quick Oats</b>		

### WAYS TO BUY 36 OZ OF CEREAL OR LESS



## Fruits & Vegetables

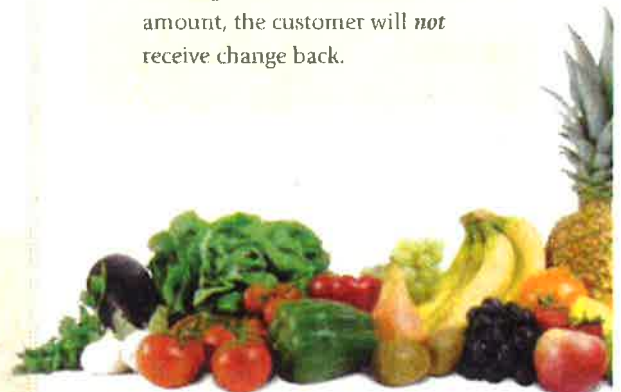
### FRESH FRUITS & VEGETABLES

- Any variety of fresh, bulk fruits and vegetables, including sweet potatoes and yams
- Bagged fruit and vegetables
- Bagged salad mixes (without dressing, croutons, nuts or meat added)
- Tubs of cut fruit or vegetables (without dressing or dip)
- Organic

**CANNOT BUY:** white potatoes (i.e., Idaho, Russet, Golden, Red, etc.), 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)

### \* REMEMBER:

If the fruit and vegetable purchase doesn't add up to the Fresh Fruit and Vegetable Cash Voucher amount, the customer will *not* receive change back.



## Infants

### INFANT FORMULA

#### Contract Brand

- **Similac Advance Early Shield**  
13 oz. can, concentrate & 12.4 oz. powder
- **Enfamil ProSobee Soy**  
13 oz. concentrate & 12.9 oz. powder



### INFANT CEREAL

#### Gerber Brand

- Rice, barley, high protein\*, oatmeal\*, mixed grain cereal\*, whole wheat\*



**CANNOT BUY** organic, DHA or Cereal mixed with fruit

\*Young infants may be allergic to these.

### INFANT VEGETABLES

#### Gerber Brand - 2nd Foods

- 3.5 ounce containers (2 packs)



**CANNOT BUY** organic, dinners or DHA

### INFANT FRUITS

#### Gerber Brand - 2nd Foods

- 3.5 ounce containers (2 packs)



**CANNOT BUY** desserts or medleys, custards or puddings, organic or DHA

### INFANT MEAT

#### Gerber Brand - 2nd Foods

**CANNOT BUY** graduates, sticks, dinners or organic



## Eggs

Store or Store Designated Brand  
1 dozen

- Large, white only

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

## Cheese

Store or Store Designated Brand

- Pasteurized Process American cheese, cheddar & mozzarella
- 1 lb. or 16 oz. package only

**CANNOT BUY** 8 oz packages, Velveeta, Cheese Wiz, Kraft Singles, low fat or low sodium products, grated, shredded, cheese sticks, deli-sliced cheese, variety packs (i.e., American/Swiss), imported cheese, cheese food, product or spread, cheese with added flavors, individually wrapped slices or organic

## Milk

Store or Store Designated Brand

- Type and container size as listed on the voucher
- Fresh (not flavored)
- Whole, reduced fat (2%), Low fat (1%), Skim
- Lactose reduced (whole, reduced fat, low fat, fat free)
- Low fat and whole evaporated milk
- Non-fat and whole dry milk
- UHT "Ultra High Temperature" (example: Parmalat)

**CANNOT BUY** buttermilk, flavored milk, raw unpasteurized milk, non-dairy milk substitutes, rice milk, organic or almond milk

## Peanut Butter

Store or Store Designated Brand

- Creamy or crunchy, 18 oz. jar

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



## Dried Beans

Store or Store Designated Brand

- 1 pound package (16 oz.)
- Any mature variety

**CANNOT BUY** canned beans or soup mixes (added spices or meat)



## Bread/Tortillas

Store or Store Designated Brand

- 1 pound loaf/package (16 oz.)
- 100% Whole Wheat only



## Canned Fish

### TUNA

Store or Store Designated Brand

- Chunk Light, water packed, 5 - 7.5 oz. can

### SALMON

Store or Store Designated Brand

- Wild Alaska, Pink Salmon, water packed, up to a 7.5 oz can

**CANNOT BUY** albacore tuna, tuna spreads, or any other type of salmon, lunch packs, or fish with added flavoring, low sodium, diet or ready-to-serve

## Juice

**CANNOT BUY** calcium/fiber fortified juice, juice drinks, juice ades, juice beverages, sweetened juices

### 64 OZ. BOTTLED, UNSWEETENED, SINGLE STRENGTH



Seneca  
**Apple**  
(red label)



Juicy Juice  
**All Varieties**  
**100% Juice**  
(No Harvest Surprise)



Musselman's  
**Apple**



Lucky Leaf  
**Apple**



Old Orchard  
**All Varieties**  
**100% Juice**



White House  
**Apple**

### 11.5 - 12 OZ. FROZEN CONCENTRATE, UNSWEETENED



America's Choice  
**Apple**



Seneca  
**Grape**  
(purple label)



Seneca  
**Apple**  
(red label)



Store Brand  
**Orange Juice**



Old Orchard  
**All Varieties**  
(must have green tear stripe)



Welch's  
**All Varieties**  
(must have yellow tear stripe)



My Essentials  
**Apple**

### QUESTIONS?

Call the state WIC Vendor Unit at  
**1-800-222-2189 or**  
**(302) 741-2900**



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**Delaware WIC Program  
Breastfeeding Help**

**WIC Breastfeeding  
Peer Counselor or Coordinator  
1-800-222-2189**

**Free WIC Breastfeeding Classes at Your Local Clinic**

**NEW CASTLE COUNTY**  
Hudson State Service Center  
Call for appointment  
302-263-7692

**KENT AND SUSSEX COUNTIES**  
Call for schedule  
1-800-222-2189

**Christiana Care  
WIC BREASTFEEDING PROGRAM  
302-623-4481**

**Latin American Community Center  
Wilmington, DE  
WIC BREASTFEEDING PROGRAM  
302-655-7338 Extension 231**

**Westside Health Center  
Wilmington, DE  
WIC BREASTFEEDING PROGRAM  
Call for schedule  
302-655-5922 or 302-595-9967**

**BREASTFEEDING HELPLINES**

**National Women's Health Information Center  
1-800-994-WOMAN (9662)**

**La Leche League International  
1-800-LA LECHE (525-9243)  
[www.LaLecheLeague.org](http://www.LaLecheLeague.org)**

**Nursing Mothers Inc.  
<http://www.nursingmoms.org>**

**For breastfeeding information call your local hospital:**

**KENT GENERAL HOSPITAL - DOVER 302-744-7233**

**MILFORD MEMORIAL HOSPITAL - MILFORD 302-744-7233**

**CHRISTIANA CARE - NEWARK 302-735-2472**

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