

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

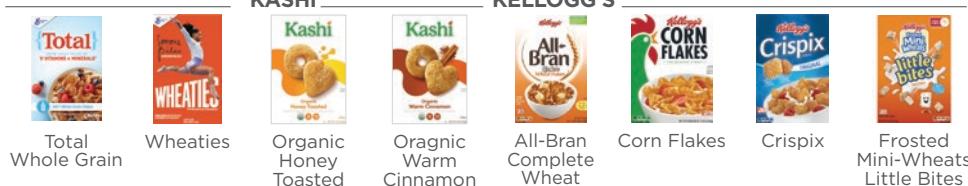
ONLY THE BRAND, TYPE (POWDER, CONCENTRATE, OR READY-TO-USE) AND SIZE PRESCRIBED TO THE WIC PARTICIPANT.

BREAKFAST CEREALS

COLD CEREAL

8.9 oz. up to 36 oz. boxes

GENERAL MILLS



HOT CEREAL

B&G

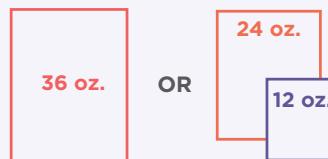


CANNOT BUY:

- 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.

TIP:

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

- 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)

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, & 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

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