

2019-2021 DELAWARE WIC AUTHORIZED FOOD LIST

SPECIAL SUPPLEMENTAL NUTRITION PROGRAM
FOR WOMEN, INFANTS & CHILDREN (WIC)

CEREAL

CHILD & ADULT BRANDS LISTED ONLY



General Mills
Cheerios



General Mills
**Multi-Grain
Cheerios**



General Mills
Kix



General Mills
Corn Chex



General Mills
Rice Chex



General Mills
Wheat Chex



General Mills
Wheaties



Kellogg's
Corn Flakes



Kellogg's
Crispix



Kellogg's
**Frosted
Mini-Wheats**



Kellogg's
**All Bran
Complete
Wheat Flakes**



B&G
**Cream of Wheat
Whole Grain**
*NO Individual
serving packages*



B&G
**Cream of Wheat
Original**
*NO Individual
serving packages*



Quaker
**Instant Oatmeal
(regular/original)**
*Individual serving
packages only*

CANNOT BUY: any
cereal or brand not
listed; or organic

YOGURT

32 OZ CONTAINERS ONLY | PLAIN OR VANILLA FLAVORS ONLY

Whole Fat, Lowfat, Nonfat as listed on Food Package

CANNOT BUY: Greek, Organic, Drinkable yogurts, Yogurts with non-nutritive sweeteners, Yogurts with mix-in-ingredients such as: granola, candy pieces, honey, nuts



FRUITS & VEGETABLES

FRESH FRUITS & VEGETABLES

- Any variety of fresh, bulk fruits and vegetables
- 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: 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)

IMPORTANT:

- WIC participant pays the remainder of the purchase price, which exceeds the maximum amount allotted on the eWIC card.
- Payment may be made by one of the following methods: cash, credit/debit card, SNAP, or personal/business check.



QUESTIONS?

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



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
WIC Program

INFANTS

INFANT FORMULA

Contract Brand

INFANT CEREAL

Gerber Brand or Beech-Nut Brand

- Rice, oatmeal, multigrain, whole wheat, barley



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

INFANT VEGETABLES

Gerber Brand - 2nd Foods (2 pack) Beech-Nut Classics Brand - 2nd Foods (4 oz jar)

- Single or mixed vegetables
- Fruit & Veggie Blend



CANNOT BUY organic, dinners, DHA, added sugar, starch or salt, added ARA

INFANT FRUITS

Gerber Brand - 2nd Foods (2 pack) Beech-Nut Classics Brand - 2nd Foods (4 oz jar)

- Single or mixed fruit
- Fruit & Veggie Blend



CANNOT BUY desserts or medleys, custards or puddings, organic, DHA, cobblers, delights and yogurts

INFANT MEAT

Gerber Brand - 2nd Foods 2 1/2 oz. containers

- Single meats with broth
- Single meats with gravy



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

- Fresh (not flavored)
- Whole, Low Fat (1%), Skim
- Lactose Reduced (Whole, Low Fat (1%), Skim)
- Evaporated Milk (Whole, Low Fat (1%))
- UHT "Ultra High Temperature" (Whole, Low Fat (1%), Skim) (example: Parmalat, Natrel, etc.)
- Soy Milk (8th Continent: Original or Vanilla) (Silk: Original)
- Dry Milk

CANNOT BUY 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, 16 - 18 oz. jar

CANNOT BUY powdered peanut butter, 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

SALMON

Store or Store Designated Brand

- Wild Alaska or Pink Salmon, water packed

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, no sugar added, no organic, no infant juice

64 OZ. BOTTLED, UNSWEETENED, SINGLE STRENGTH



Seneca
Apple
(red label)



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



Musselman's
Premium Apple



Lucky Leaf
Apple



Old Orchard
All Varieties
100% Juice



White House
Apple

11.5 - 12 OZ. FROZEN CONCENTRATE, UNSWEETENED

All Available
in Apple and Orange



Best Yet



Old Orchard
All Varieties
(must have green
tear stripe)



Essential Everyday



Food Lion



Giant



Seneca
Apple
(red label)



Great Value



Shop Rite



Seneca
Grape
(purple label)



Signature Kitchens



Tipton Grove



Store Brand
Orange Juice



TreeTop



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



Weis