

Breastfeeding Women

**Remember:
Breastfeeding is
best for you and
your baby.**



Tuna

Store Brand

- Chunk Light, Water Packed, 6-6.5 oz. can
- NO Albacore, Low Sodium Solid Pack
- NO Diet or Dietetic, Select, Fancy, White

Carrots

Store Brand

- 1 lb. bag (fresh)
- NO Baby Carrots
- NO Canned or Frozen
- NO Loose or Peeled, Shredded
- NO Carrots from the Salad Bar



Foods for Infants

Formula

Contract Formula

- Similac Advance
- Isomil Advance



Infant Cereal

Gerber Only

- No cereal mixed with fruit
 - Rice
 - Barley
 - High Protein*
 - Oatmeal*
 - Mixed Grain Cereal*
- *Young infants may be allergic to these.*



Infant Juice

Gerber Only

- All flavors, 100% fruit juice only*
- No juice with yogurt
 - No vegetable juices or mixes
 - No tropical juices



WIC Authorized Foods List

October 2007

Delaware Special
Supplementary Nutrition
Program
for Women, Infants &
Children

Questions?

Ask your WIC staff or call the
State WIC Office at 1-800-222-2189



DELAWARE HEALTH AND SOCIAL SERVICES

DIVISION OF PUBLIC HEALTH

SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR
WOMEN, INFANTS AND CHILDREN (WIC)
1-800-222-2189

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**Remember:
Be sure to
purchase all
the food
items on
your WIC
voucher.**



Milk

Store Brand

- GALLON Only
- Fresh (no flavored)
- Whole, Reduced Fat, Low Fat, Skim
- Cultured Buttermilk
- Lactose Reduced (Example: Lactaid)
- Dry/Evaporated



Cereal



General Mills
Cheerios



General Mills
Kix



General Mills
Corn Chex



General Mills
Rice Chex



General Mills
Wheat Chex



General Mills
Wheaties

Cheese

Store Brand

- Pasteurized Process American Cheese, Cheddar, Mozzarella
- 1 lb. or 16 oz. package
- NO Cheese food, Product, or Spread
- NO Velveeta, Cheez Wiz, Kraft Singles
- NO imported cheese
- NO low sodium, low fat cheese products
- NO grated, shredded, or sticks
- NO deli-sliced cheese



Kellogg's
Corn Flakes



Kellogg's
Crispix



Kellogg's
Product 19



Nabisco
Cream of Wheat
(red box only)
no individual
serving packages



Quaker
Instant Oatmeal
(regular flavor)
individual serving
packages only

Ways to buy 24 oz. of cereal

9 oz. +15 oz. 24 oz.	9 oz. Cereal	15 oz. Cereal
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12 oz. +12 oz. 24 oz.	12 oz. Cereal	12 oz. Cereal
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Peanut Butter

Store Brand

- Creamy or Crunchy, 18 oz. jar
- NO jelly or marshmallow



Ways to buy 36 oz. of cereal

12 oz. + 12 oz. 36 oz.	12 oz. Cereal	12 oz. Cereal	12 oz. Cereal	+ 15 oz. 18 oz.	15 oz. Cereal	18 oz. Cereal	+ 9.0 oz. 11.5 oz. 15.0 oz. 35.5 oz.	9 oz. Cereal	11 oz. Cereal	15 oz. Cereal
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Eggs

Store Brand

- 1 dozen
- Large, White Only



Juice

**Canned,
46-ounce,
unsweetened,
single strength**



Juicy Juice
All flavors



Lucky Leaf
Apple



Musselman's
Apple



White House
Apple



Welch's
Grape
(white and purple)



No calcium fortified juice
No juice drinks, juice aides, fruit punch or sweetened juice

**Frozen,
12-ounce,
concentrate
Orange**

- Store brand **Apple***
- Store brand (see samples)



Seneca
Apple (red label)



Old Orchard
Apple



Pathmark
Apple



Food Lion
Apple



America's Choice
Apple

Dried Peas, Beans

Store Brand

- 1 pound package
- Any mature variety
- No beans mixed with spices or meat

