DELAWARE

WIC Program Authorized Food List

2016-2018

REVISED 5/2016

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

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
Product 19

Nabisco
Cream of Wheat Whole Grain
NO Individual serving packages

Nabisco
Cream of Wheat Original
NO Individual serving packages

Quaker
Old Fashion Oats

Quaker
Quick Oats

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

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

Infants

INFANT FORMULA
Contract Brand

INFANT CEREAL
Gerber Brand

- Rice, oatmeal, multigrain, whole wheat

CANNOT BUY organic, DHA or Cereal mixed with fruit

INFANT VEGETABLES

Gerber Brand - 2nd Foods

- 4.0 ounce containers (2 packs)
- Single or mixed vegetables
- Fruit & Veggie Blend

CANNOT BUY organic, dinners or DHA

INFANT FRUITS

Gerber Brand - 2nd Foods

- 4.0 ounce containers (2 packs)
- Single or mixed fruit
- Fruit & Veggie Blend

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

- 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)
- Soy Milk (8th Continent: Original or Vanilla)
- 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

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

Food Lion
Apple

Old Orchard
All Varieties
(must have green tear stripe)

Giant
Apple

Seneca
Apple
(red label)

Great Value
Apple

Seneca
Grape
(purple label)

Save-A-Lot
Apple

Store Brand
Orange Juice

Shop Rite
Apple

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

Signature Kitchens
Apple

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