



DELAWARE WIC  
CAN SAVE YOU  
*money*



LOOK HOW MUCH MONEY WIC CAN SAVE ON YOUR  
FAMILY'S FOOD BUDGET EVERY MONTH!



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
WIC Program



# DEPENDING ON YOUR CATEGORY, WIC MAY BE ABLE TO SAVE YOUR FAMILY MORE THAN \$3,000 A YEAR!

Non-breastfeeding Women Receive:  
**\$36** MONTHLY  
AVERAGE VALUE

**Example of monthly allowance:**

- 3 gallons of milk
- 1 dozen eggs
- 36 oz. of cereal
- (2) 11.5-12 oz. of concentrate juice
- 18 oz. of peanut butter
- 16 oz. of cheese
- 32 oz. of yogurt
- \$11 in fresh fruits and vegetables

\*\*Nutrition education and counseling services - \$60 value

Pregnant Women Receive:  
**\$48** MONTHLY  
AVERAGE VALUE

**Example of monthly allowance:**

- 4 ½ gallons of milk
- 1 dozen eggs
- 36 oz. of cereal
- 18 oz. of peanut butter
- 16 oz. of cheese
- 32 oz. of yogurt
- (3) 11.5-12 oz. concentrate juice
- 1 lb. of dried beans/peas/lentils
- 16 oz. of whole wheat bread/tortillas
- \$11 in fresh fruits and vegetables

\*\*Nutrition education and counseling services - \$100 value

Exclusively Breastfeeding Women Receive:  
**\$68** MONTHLY  
AVERAGE VALUE

**Example of monthly allowance:**

- 6 gallons of milk
- 2 dozen eggs
- 36 oz. of cereal
- (3) 11.5-12 oz. of concentrate juice
- 18 oz. of peanut butter
- 32 oz. of cheese
- 32 oz. of yogurt
- 30 oz. of canned fish
- \$11 in fresh fruits and vegetables
- 1 lb. of dried beans/peas/lentils
- 16 oz. of whole wheat bread/tortillas

*The type and amount of food, and monthly savings, for women who are partially breastfeeding, may vary.*

Nursing Aides available upon consultation. Average value: \$120-\$254

\*\*Nutrition education and counseling services - \$100 value

Breastfeeding Infants Receive:  
**\$87** MONTHLY  
AVERAGE VALUE

**Breast milk: nutritious and natural; a perfect food for your baby.**

- \*(3) 8 oz. boxes of infant cereal
- \*(64) 4 oz. jars of fruit and vegetable baby foods
- \*(31) 2.5 oz. jars of baby food meats

**FREE ACCESS TO LACTATION CONSULTANTS  
 BREAST PUMPS MAY BE AVAILABLE UPON CONSULTATION**

*The type and amount of food for infants who are partially breastfeeding may vary.*

*Calculations based on average breastfeeding WIC infants/moms who receive about three hours of lactation support.*

\*\*Nutrition education and counseling services - \$100 value

Non-breastfeeding Infants Receive:  
**\$31** MONTHLY  
AVERAGE VALUE

**Example of monthly allowance:**

- Supplemental Formula (cost varies)
- \*(3) 8 oz. boxes of infant cereal
- \*(32) 4 oz. jars of fruit and vegetable baby foods

\*\*Nutrition education and counseling services - \$100 value

Children Receive:  
**\$44** MONTHLY  
AVERAGE VALUE

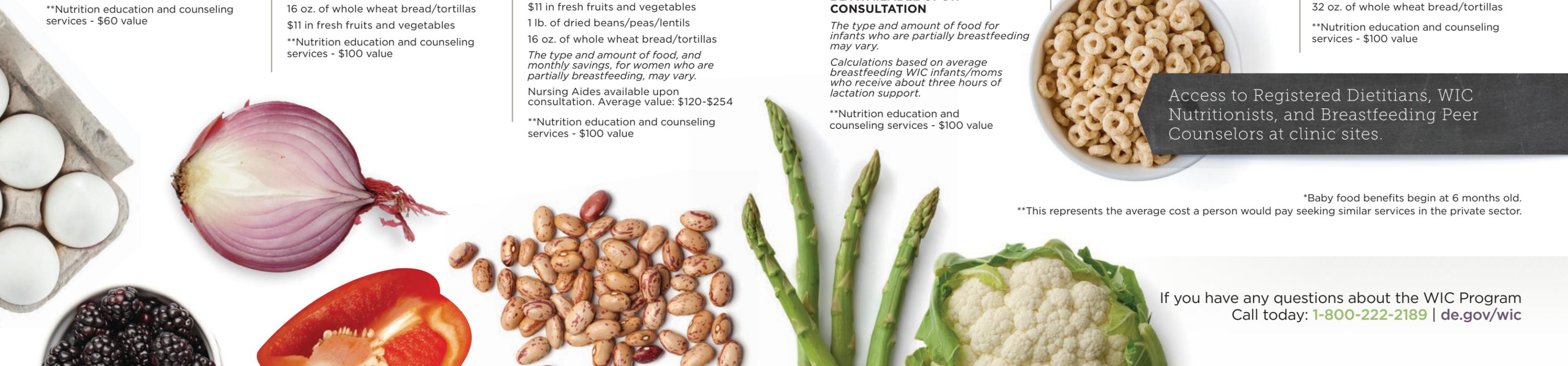
**Example of monthly allowance:**

- 3 gallons of milk
- 1 dozen eggs
- 36 oz. of cereal
- 18 oz. of peanut butter
- 16 oz. of cheese
- 32 oz. of yogurt
- (2) 64 oz. containers of juice
- \$9 in fresh fruits and vegetables
- 32 oz. of whole wheat bread/tortillas

\*\*Nutrition education and counseling services - \$100 value



Access to Registered Dietitians, WIC Nutritionists, and Breastfeeding Peer Counselors at clinic sites.



\*Baby food benefits begin at 6 months old.  
 \*\*This represents the average cost a person would pay seeking similar services in the private sector.

If you have any questions about the WIC Program  
 Call today: **1-800-222-2189** | [de.gov/wic](http://de.gov/wic)

## WHAT IS WIC?

**WIC** (Women, Infant and Children) is a special nutrition program for pregnant, postpartum, and breastfeeding women, infants, and children under 5 years old.

WIC provides free nutritious foods to supplement your diet. WIC also provides breastfeeding support and nutrition education to help you and your children be healthy and eat well.

### TO QUALIFY FOR WIC BENEFITS YOU MUST:

- ✓ Live in the State of Delaware
- ✓ Meet the income requirement
- ✓ Be in need of the special supplemental foods that WIC offers

Your child can stay on WIC until age 5.

This institution is an equal opportunity provider.

## NEW CASTLE COUNTY CLINICS

<b>Claymont Community Center</b> 3301 Green St., Claymont, DE 19703	283-7540
<b>Hudson State Service Center</b> 501 Ogletown Rd., Newark, DE 19711	283-7540
<b>Northeast State Service Center</b> 1624 Jessup St., Wilmington, DE 19802	283-7540
<b>West End Neighborhood House</b> 710 N. Lincoln St., Wilmington, DE 19805	283-7540

## KENT COUNTY CLINICS

<b>Milford Riverwalk</b> 253 NE Front St., Milford, DE 19963	424-7220
<b>Smyrna State Service Center</b> 200 S. DuPont Blvd., Ste. 101, Smyrna, DE 19977	424-7220
<b>Williams State Service Center</b> 805 River Rd., Dover, DE 19901	424-7220

## SUSSEX COUNTY CLINICS

<b>Pyle State Service Center</b> 34314 Pyle Center Rd., Frankford, DE 19945	424-7220
<b>Shipley State Service Center</b> 350 Virginia Ave., Seaford, DE 19973	424-7220
<b>Georgetown - Located at La Red</b> 21444 Carmean Way, Georgetown, DE 19947	424-7220
<b>Community Resource Center (CRC)</b> 37510 Oyster House Rd., Rehoboth Beach, DE 19971	424-7220

