

# AUTHORIZED FOOD LIST

INFORMATION FOR PARTICIPANTS

## BABY FOOD

**GERBER OR BEECH-NUT BRAND ORGANIC GERBER, BEECH-NUT, HAPPY BABY**

### FRUITS & VEGETABLES

- Gerber Brand – 2nd Foods (2 pack)
- Beech-Nut Brand – 2nd Foods (4 oz. jar)
- Organic Gerber Brand – 2nd Foods (4 oz. jar)
- Organic Beech-Nut 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
- 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

## BREAKFAST CEREALS

### COLD CEREAL

8.9 oz. up to 36 oz. boxes

#### GENERAL MILLS



Cheerios Multi-Grain Cheerios Cinnamon Chex Corn Chex Rice Chex Wheat Chex Berry Berry Kix Kix

#### KELLOGG'S



Total Whole Grain Wheaties All-Bran Complete Wheat Flakes Corn Flakes Crispix Frosted Mini-Wheats Little Bites Frosted Mini-Wheats Original Rice Krispies

#### POST QUAKER



Grape-Nuts The Original Life Original Oatmeal Squares Brown Sugar Oatmeal Squares Cinnamon

### HOT CEREAL

#### B&G



Cream of Rice (regular) Cream of Rice (packets) Cream of Wheat Original 2½ Minute Cream of Wheat Original Instant (packets)

#### QUAKER

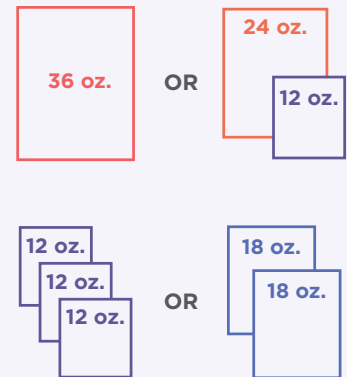


Cream of Wheat Whole Grain 2½ Minute Cream of Wheat Whole Grain Instant (packets) Instant Oatmeal Original (individual serving packages only) Instant Grits Original

**CANNOT BUY:**

- Any cereal or brand not listed
- Organic cereal

### WAYS TO BUY CEREAL



## INFANT FORMULA

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

**CANNOT BUY:**

- Any other brand, type, or size

You will need to contact your local WIC office for returns or exchanges of formula.

- 1 YEAR OLD CHILDREN GET WHOLE MILK
- 2-5 YEAR OLD CHILDREN AND WOMEN, GET LOW-FAT (1%) OR NON-FAT (SKIM) MILK

THE YOGURT YOU CHOOSE AT THE STORE MUST BE THE SAME FAT AS WHAT YOU GET IN YOUR 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 or Vanilla
- **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 (16 oz. or 8 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 or 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

## 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
- **Natures Promise** Whole Wheat Tortillas
- **Micasa** 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





# 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)
- Organic

### **CANNOT BUY:**

- Dried fruit
- Dried vegetables
- Herbs (i.e., basil, cilantro, parsley)
- Spices (i.e., vanilla bean, cinnamon sticks)

## FROZEN FRUITS & VEGETABLES

- Plain
- Low sodium
- 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

## CANNED FRUITS & VEGETABLES

- Water or juice packed
- Low sodium
- Added herbs or spices

### **CANNOT BUY:**

- Water as the first ingredient
- With sugar or syrup
- With artificial, reduced-calorie, or no-calorie sweeteners
- With butter, fat, oil, or meat
- With rice, pasta, or other grains
- With vinegar, pickled vegetables, relishes, olives, or catsup/ketchup
- Soup
- Pouches



# DRIED BEANS/PEAS

## STORE BRAND OR STORE DESIGNATED BRAND

1 lb. (16 oz.) bag

Your choice of:

- Dried beans
- Peas
- Lentils



### **CANNOT BUY:**

- Soup mixes
- Canned beans
- Beans mixed with spices or meat

# PEANUT BUTTER

## STORE BRAND OR STORE DESIGNATED BRAND

16-18 oz. jar

- Creamy
- Crunchy



### **CANNOT BUY:**

- Powdered peanut butter
- Peanut butter spreads
- Peanut butter with added flavors
- Fortified peanut butter, natural or organic

# CANNED FISH

## STORE BRAND OR STORE DESIGNATED BRAND



Up to 30 oz. cans

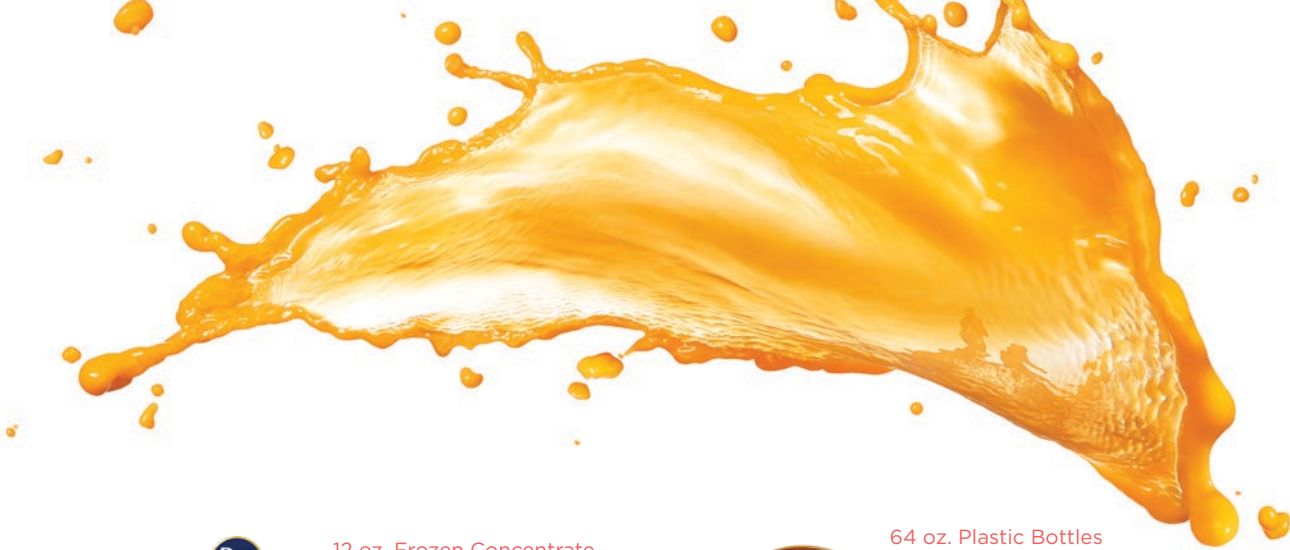
*Available to exclusively breastfeeding mothers and pregnant or breastfeeding mothers with twins or triplets.*

- 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

### TIP:

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

	12 oz. Frozen Concentrate -Apple -Orange		64 oz. Plastic Bottles -Apple 12 oz. Frozen Concentrate -Apple
	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
	12 oz. Frozen Concentrate -Apple -Orange		12 oz. Frozen Concentrate -Apple -Orange
	64 oz. Plastic Bottles -Any flavor -No Harvest Surprise		12 oz. Frozen Concentrate -Apple -Orange
	64 oz. Plastic Bottles -Apple		12 oz. Frozen Concentrate -Apple -Orange
	64 oz. Plastic Bottles -Apple -Premium Apple		11.5 oz. Frozen Concentrate -Any flavor with a yellow band
	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



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

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This institution is an equal opportunity provider.