

# Produce in Season

- Asparagus
- Collards
- Parsnips
- Turnips

Herbs are in season but not available on e-WIC benefits. Herbs can be purchased from farmers market locations that accept WIC vouchers from June-October.



## WIC MYTH OR FACT?

"WIC program benefits include more than food"

Fact! Participants have access to a number of resources, including health screening, nutrition and breastfeeding counseling, immunization screening and referral, substance abuse referral, and more.

APRIL  
2023

**e-WIC cash value benefit for fresh fruits and vegetables:**

**\$25 - for children (1-5 years old)**

**\$44 - pregnant and postpartum**

**\$49 - breastfeeding women**

**\$25**

**\$44**

**\$49**

**\*\*This benefit is on your e-WIC card to be used at WIC authorized grocery stores.\*\***

For more information about the Delaware WIC program, visit:  
<https://delaware.wicresources.org>



### Spinach

Serving Size: 1 cup, raw  
20% of Daily Value



### Sweet Potato

Serving Size: 1 medium, baked  
160% of Daily Value



### Carrots

Serving Size: 0.5 cup  
51% of Daily Value

## Vitamin A

Helps with cell growth, maintenance of heart, lungs, eyes and other organs. It's also important for vision and overall eye health.



This institution is an equal opportunity provider.



**\*NEW\* WIC FOOD**



**Instant Grits are available on the WIC food package!**

**Click on the image below to see how to make this recipe!**



**Click on the image below to view the Delaware WIC Authorized Food Package!**

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:** desserts, dinners, cobbler, delights, custards, yogurts, medleys, added DHA/ARA, or 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, or 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, or organic

### INFANT FORMULA

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

### BREAKFAST CEREALS

#### COLD CEREAL

8.9 oz. up to 36 oz. boxes

#### GENERAL MILLS

Chexes, Multi-Grain Chexes, Corn Chex, Rice Chex, Wheat Chex, Berry Yox, Kix

#### KELLOGG'S

Whole Grain, Whole Grain Flakes, Corn Flakes, Frosted Mini-Wheats, Frosted Flakes, Rice Krispies

#### POST

Grace-Fruit, Life, Oatmeal Squares, Cinnamon

#### QUAKER

Life, Oatmeal Squares, Cinnamon

#### HOT CEREAL

BMG

Cream of Rice (regular), Cream of Rice (packets), Cream of Wheat Original 26 Minute, Cream of Wheat Original Instant (packets)

#### QUAKER

Cream of Wheat, Instant Oatmeal, Instant Grits Original

#### WAYS TO BUY CEREAL

36 oz. OR 24 oz. 12 oz. 18 oz.

**CANNOT BUY:** any cereal or brand not listed, or organic cereal

### YOGURT

32 OZ. CONTAINERS OF REGULAR OR GREEK, PLAIN, OR VANILLA FLAVORS ONLY

Whole fat, low fat, nonfat as listed on food package

Brands: Dannon, Chobani, Lala, LaVie, etc.

## Recipe Corner

# Grits and Greens

Prep/Cook Time: 15min  
Servings: 4

### Ingredients

- 2 cups instant grits
- Milk or water, as called for by package directions
- 1 bunch fresh, hearty market greens like chard or collards
- 2 tbsp butter, divided
- 3 cloves garlic, minced
- ¼ cup water
- Optional: 1 egg per serving

### Directions

1. Cook grits according to package directions, using milk or water. Keep warm.
2. Separate leaves and stems of your greens. Don't throw stems away! Thinly chop stems. Roll up leaves and thinly slice into ribbons.
3. Heat 1 tbsp of the butter in a large saucepan or frying pan over medium heat. Add stems and garlic, and saute until soft and when garlic is just beginning to brown. Add leaves, and sauté, stirring occasionally until wilted and tender.
4. Add ¼ cup water and keep stirring. Add remaining butter and stir vigorously to create a silky sauce.
5. Spoon grits into bowls or deep plates. Make an indent with the spoon and add a portion of greens, making sure to include some of the liquid.
6. Bonus! Fry an egg to your liking and add on top to make it a hearty breakfast.