

WIC Program Illinois Authorized WIC Food List

EFFECTIVE FEBRUARY 1, 2020

Grains	Milk	Meat and Beans
<p>100% Whole Wheat Bread & Buns - 16 oz ANY BRAND Not Allowed: Organic</p>	<p>Milk - Least Expensive Brand Fat Free/Skim Light/Lowfat/1% Whole</p> <p>Only Allowed when printed on Shopping List: Half Gallons Lactose Free UHT</p> <p>Soy Milk 8th Continent (<i>original or vanilla</i>) Silk (<i>original</i>) Great Value (<i>original</i>)</p> <p>Not Allowed: Flavored or chocolate, buttermilk, rice, goat milk, shelf stable, almond, cashew or other milk alternatives</p>	<p>Dry Beans, Peas & Lentils- 16 oz Canned Beans, Peas & Lentils- 15-16 oz cans Examples include but not limited to: Black-eyed peas Garbanzo (<i>chickpeas</i>) Great Northern Kidney Black Lima Red Navy Pinto Refried</p> <p>Not Allowed: Soups of any kind, canned green beans, wax beans, snap beans or green peas, seasonings, added fats, meats, oils or organic</p>
<p>100% Whole Wheat Pasta - 16 oz ANY BRAND, ANY SHAPE "Whole wheat flour" and/or "whole durum wheat flour" must be the only flours listed in the ingredient list. Not Allowed: Added vegetables, sugars, fats, oils or salt (<i>sodium</i>), organic</p>	<p>Yogurt - 1 quart (32 oz) Plain or flavored Great Value Jewel Meijer HyVee Schnucks Dannon Yoplait Kroger</p> <p>Not Allowed: Drinkable yogurt, organic, Greek, artificial sweeteners, mix in ingredients such as granola or similar ingredients</p>	<p>Peanut Butter - Least Expensive Brand Plain, smooth, creamy, crunchy or chunky All types allowed in low sodium</p> <p>Not Allowed: Added jelly, jam, honey, marshmallow, or any other combinations, imitation, peanut spread or organic</p>
<p>Bulgur - 16 oz ANY BRAND</p> <p>Brown Rice - 16 oz ANY BRAND, Regular or Instant Not Allowed: Organic, seasonings</p>	<p>Cheese - Least Expensive Brand Natural Cheddar Provolone Colby Muenster Monterey Jack Swiss Mozzarella Mixtures of cheese listed (<i>Co-Jack</i>)</p> <p>The above types are also allowed in: low sodium, low fat and low cholesterol</p> <p>Not Allowed: Organic, cheese food, spread, product, imitation, added flavors or ingredients, individually wrapped slices or shredded</p>	<p>Tofu- 16 oz Plain, any texture, refrigerated or shelf-stable Azumaya WestSoy House Nasoya</p> <p>Not Allowed: Added fats, sugars, oils, sodium or seasonings</p>
<p>100% Whole Wheat Tortillas - 16 oz ANY BRAND "Whole wheat flour" must be the only flour listed in the ingredient list.</p>	<p>Infant Formula As printed on Shopping List</p>	<p>Eggs - Least Expensive Brand Grade A or AA Large</p>
<p>Soft Corn Tortillas - 16 oz Chi Chi's La Burrita La Banderita Don Pancho Pepito Guerrero Santa Fe Don Marcos Store Brand Mission Azteca</p>	<p>Set a good example for your children eat well, exercise and avoid harmful substances like drugs, tobacco and alcohol!</p>	<p>Canned Fish - 5 oz Chunk Light Tuna (<i>water or oil packed</i>) Pink Salmon</p> <p>Not Allowed: Lunch Kit tuna or pouches, organic</p>
<p>Oatmeal - 16 oz Old Fashioned, Traditional, Quick-Cook, Rolled Oats (<i>no flavors added</i>)</p>		<p>Baby Meats- 2.5 oz Plain with broth or gravy Beech Nut Store Brand Gerber</p> <p>Not Allowed: Organic, meat sticks</p>
<p>Cereal - Store Brands Shredded Wheat (<i>frosted, blueberry, strawberry cream</i>) Bran Flakes Toasted Oats (<i>plain, multi-grain</i>) National Brands Kix (<i>plain, honey, berry berry</i>) Frosted Mini Wheats Corn Flakes Complete Bran Flakes (<i>wheat</i>) Grapenuts Cream of Wheat (<i>whole grain</i>) Grapenut Flakes Original Malt-o-Meal Life (<i>plain</i>) Cheerios (<i>plain, multi-grain</i>) Rice Krispies Mini-Spooners (<i>frosted, blueberry, strawberry cream</i>) Quaker Oatmeal Squares (<i>brown sugar, cinnamon</i>) Honey Bunches of Oats (<i>whole grain, vanilla bunches, almond, honey roasted, cinnamon</i>) Chex (<i>corn, rice, blueberry, wheat, vanilla, cinnamon</i>)</p>		
<p>Infant Cereal Rice, oatmeal, barley, whole wheat or mixed grain Beech Nut Store Brand Gerber Not Allowed: Organic, cereals with added formula, fruit, protein, DHA</p>		

Juices, Baby Fruits & Vegetables	Fruits & Vegetables		
Juice	Fresh	Frozen	Canned
<p>Unsweetened 100% Juice Must have 72mg (80%) or more vitamin C or 120% or more if mg of vitamin C are not listed</p> <p>Apple Grapefruit Orange Orange-Grapefruit Pineapple Grape Tomato Vegetable <i>(regular, low sodium)</i> Dole 100% Juice <i>(all flavors)</i> Juicy Juice <i>(all flavors)</i> Old Orchard <i>(all flavors)</i> Welch's 100% Juice <i>(all flavors)</i></p> <p>48oz ready-to-drink juice = one 12oz frozen concentrate</p> <p>Not Allowed: Hi-C drinks, fruit or juice drinks, cocktails, juice boxes or organic</p>	<p>Fruits & Vegetables Any variety fresh fruit or vegetables</p> <p>Not Allowed: Dried fruits or vegetables Herbs or spices Fruit-nut mixtures Salad bar items Fruit baskets or party trays no added sugars, fats or oils</p>	<p>Fruit Any brand with no added sugar Any variety or mixture of fruits</p> <p>Not Allowed: Ingredients other than fruit <i>(including sugar)</i></p>	<p>Fruit Any brand, size, container type Plain fruit, plain fruit mixture packed in water or juice Applesauce <i>(no sugar added or unsweetened only)</i></p>
<p>Baby Fruits & Vegetables 4oz plain fruits, plain vegetables or a combination of 2 or more plain fruits or vegetables</p> <p>Beech Nut Gerber Store Brand Pic Select Fresh</p> <p>*2-packs of 4oz containers = two 4oz jars</p> <p>Not Allowed: Desserts, mixed dinners, no added starches, cereals, DHA, organic or pouches</p>		<p>Vegetables Any brand, size, package type Plain vegetables, plain vegetable mixtures Regular, low sodium</p> <p>Not Allowed: French fries, hash browns, tater tots, other shaped potatoes, products with sauce, seasoned, flavored or breaded, mixtures with added pasta, rice or other grains</p>	<p>Vegetables Any brand, size, container type Plain vegetables, plain vegetable mixtures Tomato products <i>(crushed, whole, puree, sauce, salsa or picante)</i> Regular, low sodium</p> <p>Not Allowed: Pasta, rice or other grains Added fats, oils or condiments Tomato products with sugars, fats, oils or meats Soups, ketchup, relishes, olives Creamed or pickled vegetables <i>(for example: creamed corn, sauerkraut)</i></p>

You may pay the difference if the dollar amount of fresh, frozen or canned fruits and vegetables purchased, exceeds the value of the benefit.

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