WIC Program Illinois Authorized WIC Food List

EFFECTIVE FEBRUARY 1, 2019

Grains	Milk	Meat and Beans

Grains

100% Whole Wheat Bread, Buns - 16 oz

Whole Wheat Pasta (any shape) - 16 oz

Hodgson Mill	Racconto	Great Value
ShurFine	Our Family	Ronzoni Healthy Harvest
Barilla	Kroger	America's Choice
Hy-Vee	Meijer	Essential Everyday
		Simply Balanced

Brown Rice - 16 oz
Plain

Soft Corn Tortillas - 16 oz

Chi Chi's	La Burrita	La Banderita
Don Pancho	Pepito	Guerrero
Santa Fe	Don Marcos	Store Brand
Mission	Azteca	

Oatmeal - 16 oz
Old Fashioned, Traditional, Quick-Cook, Rolled Oats
(no flavors added)

Cereal - Store Brands
Bran Flakes
Shredded Wheat *(frosted, blueberry, strawberry cream)*
Toasted Oats *(plain, multi-grain)*
National Brands
Kix *(plain, honey, berry berry)*
Chex *(corn, rice, blueberry, wheat, vanilla, cinnamon)*

Corn Flakes	Frosted Mini Wheats
Grapenuts	Complete Bran Flakes *(wheat)*
Grapenut Flakes	Cream of Wheat *(whole grain)*
Life *(plain)*	Original Malt-o-Meal
Rice Krispies	Cheerios *(plain, multi-grain)*

Mini-Spooners *(frosted, blueberry, strawberry cream)*
Quaker Oatmeal Squares *(brown sugar, cinnamon)*
Honey Bunches of Oats *(whole grain, vanilla bunches, almond, honey roasted, cinnamon)*

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

Milk

Milk - Least Expensive Brand
Fat Free/Skim   Whole   Light/Lowfat/1%

Not Allowed:
Flavored or chocolate, buttermilk, rice, goat milk or shelf stable, almond, cashew or other milk alternatives

Only Allowed when printed on Food Instrument:
Half Gallons   Quarts
Lactose Free   Instant Nonfat Dry
Soy Milk
   8th Continent *(original or vanilla)*
   Silk *(original)*
   Great Value *(original)*

Cheese - Least Expensive Brand

Natural Cheddar	Provolone
Colby	Muenster
Monterey Jack	Swiss
Mozzarella	

Mixtures of cheese listed *(Co-Jack)*

The above types are also allowed in:
low sodium   low fat   low cholesterol

Not Allowed:
Cheese food, spread, product or imitation, added flavors or ingredients, individually wrapped slices or shredded

Infant Formula
As written on Food Instrument

Set a good example for your children eat well, exercise and avoid harmful substances like drugs, tobacco and alcohol!

Meat and Beans

Dry Beans, Peas & Lentils - 16 oz

Canned Mature Beans
Examples include but not limited to:

Black-eyed peas	Garbanzo *(chickpeas)*
Great northern	Kidney
Black	Lima
Red	Navy
Pinto	Refried

Not Allowed:
Soups of any kind, canned green beans, wax beans, snap beans or green peas, seasonings, added fats, meats or oils

Peanut Butter - Least Expensive Brand
Plain, smooth, creamy, crunchy or chunky
All types allowed in low sodium

Not Allowed:
Added jelly, jam, honey, marshmallow, or any other combinations, imitation or peanut spread

Eggs - 1 dozen Least Expensive Brand
Grade A or AA Large

Canned Fish - 5 oz
Chunk Light Tuna *(water or oil packed)*
Pink Salmon

Not Allowed:
Lunch Kit tuna or pouches

Baby Meats- 2.5 oz
Plain with broth or gravy
Beech Nut   Store Brand   Gerber

Not Allowed:
Organic or meat sticks

Juices, Baby Fruits & Vegetables	Fruits & Vegetables		
Juice	**Fresh**	**Frozen**	**Canned**
Unsweetened 100% Juice Must have 72mg (80%) or more vitamin C or 120% or more if mg of vitamin C are not listed Apple Grapefruit Orange Orange-Grapefruit Pineapple Grape Tomato Vegetable *(regular, low sodium)* Dole 100% Juice *(all flavors)* Juicy Juice *(all flavors)* Old Orchard *(all flavors)* Welch's 100% Juice *(all flavors)* **Not Allowed:** Hi-C drinks, fruit or juice drinks, cocktails, juice boxes or organic **Only allowed** when printed on Food Instrument: single serving cans For those who do not want ready- to -drink juice convert as follows: 48oz = one 12oz frozen concentrate	**Fruits & Vegetables** Any variety fresh fruit or vegetables **Not Allowed:** Dried fruits or vegetables Herbs or spices Fruit-nut mixtures Salad bar items Fruit baskets or party trays added sugars, fats or oils	**Fruit** Any brand with no added sugar Any variety or mixture of fruits **Not Allowed:** Ingredients other than fruit *(including sugar)* **Vegetables** Any brand, size, package type Plain vegetables, plain vegetable mixtures Regular, low sodium **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	**Fruit** Any brand, size, container type Plain fruit, plain fruit mixture packed in water or juice Applesauce *(no sugar added or unsweetened only)* **Vegetables** Any brand, size, container type plain vegetables, plain vegetable mixtures tomato products *(crushed, whole, puree, sauce, salsa or picante)* Regular, low sodium **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 *(for example: creamed corn, sauerkraut)*
Baby Fruits & Vegetables 4oz plain fruits, plain vegetables or a combination of 2 or more plain fruits or vegetables Beech Nut *(classics)* Gerber Store Brand Pic Select Fresh *2-packs of 4oz containers equal two 4oz jars **Not Allowed:** Desserts, mixed dinners, added starches, cereals, DHA, organic or pouches	Dollar value is specified on each check. You may pay the difference if the dollar amount of fresh, frozen or canned fruits and vegetables purchased, exceeds the value of the check.		