



# WIC Program Illinois Authorized Food List

EFFECTIVE FEBRUARY 1, 2024

## GRAINS

**100% Whole Wheat Bread & Buns - 16 oz** | Whole wheat flour must be the first ingredient listed

**Not Included:** Organic, bakery items

**100% Whole Wheat Pasta - 16 oz**

ONLY THE FOLLOWING BRANDS ARE ALLOWED:

|                  |                    |               |                  |
|------------------|--------------------|---------------|------------------|
| America's Choice | Essential Everyday | Hy-Vee        | Ronzoni          |
| Barilla          | Fareway            | Kroger        | Schnucks         |
| Bella Terra      | Gia Russa          | Luigi Vitelli | Signature Select |
| Bionaturae       | Good & Gather      | Mishpacha     |                  |
| Colavita         | Great Value        | Our Family    |                  |
| Delallo          | Hodgson Mill       | Racconto      |                  |

**Not Included:** Pasta made from rice, quinoa, flax, corn, or vegetables, organic, sugars, fats, oils or salt

**Bulgur - 16 oz**

**Brown Rice - 16 oz** | Plain, Regular or Instant **Not Included:** Organic

**Tortillas - 16 oz**

ONLY THE FOLLOWING BRANDS ARE ALLOWED:

**100% Whole Wheat**

|                    |              |               |                  |
|--------------------|--------------|---------------|------------------|
| Best Choice        | Frescados    | Market Pantry | Roundy's         |
| Celia's            | Great Value  | Meijer        | Schnucks         |
| Chi-Chi's          | Guerrero     | Micasa        | Signature Select |
| Don Pancho         | IGA          | Mission       | Tio Santi        |
| Essential Everyday | Kroger       | Ortega        |                  |
| Food Club          | La Banderita | Our Family    |                  |

**Soft Corn - White or Yellow**

|             |                    |              |            |
|-------------|--------------------|--------------|------------|
| Best Choice | Essential Everyday | IGA          | Mission    |
| Chi-Chi's   | Frescados          | Kroger       | Our Family |
| Don Marcos  | Hy-Top             | La Banderita |            |

**Not included:** Hard corn tortillas/taco shells, low-carbohydrate, organic

**Oatmeal - 16 oz** | Old Fashioned, Traditional, Quick-Cook, Rolled Oats

**Not Included:** Organic

**Cereal - 12 oz or larger**

**General Mills**

- Chex (corn, rice, blueberry, wheat, cinnamon)
- Cheerios (original, multigrain)
- Cheerios Oat Crunch (berry)
- Kix (original, honey, berry berry)

**Kellogg's**

- Frosted Mini Wheats (original, chocolate, little bites, bite size)
- Corn Flakes (original, honey)
- Rice Krispies (original)
- Complete Bran

**Post**

- Grape-nuts
- Grape-nuts Flakes
- Honey Bunches of Oats (cinnamon bunches, honey roasted, vanilla, with almonds, maple & pecans)
- Great Grains (crunchy pecan, banana nut crunch)

**Quaker**

- Life (original)
- Quaker Oatmeal Squares (brown sugar, cinnamon)

**Malt-O-Meal**

- Mini Spooners (frosted, strawberry cream)
- Malt-O-Meal (original, chocolate)

**B & G Foods**

- Cream of Wheat (whole grain)

**Store Brands**

- Corn Flakes
- Crispy Rice
- Toasted Oats (original)
- Bran Flakes

Frosted Shredded Wheat (original)

Always Save, Best Choice, Dierbergs, Essential Everyday, Fareway, Food Club, Freedom's Choice, Great Value, Hy-Top Hy-Vee, IGA, Kiggens, Kroger, Market Pantry, Meijer, Our Family, Roundy's Schnucks, Signature Select, That's Smart

**Infant Cereal - 8 oz or 16 oz** | Oatmeal, Barley, Whole Wheat, Mixed Grain or Corn

ONLY THE FOLLOWING BRANDS ARE ALLOWED:

|        |           |             |
|--------|-----------|-------------|
| Gerber | Beech-Nut | Store Brand |
|--------|-----------|-------------|

**Not included:** Organic, rice, cereals with added fruit, formula, DHA/ARA or other non-cereal ingredients

## DAIRY

**Milk** - Product type and size will be listed on your Family Shopping List  
**1% or Skim - Only for children over the age of 2 and women**

ONLY ALLOWED WHEN PRINTED ON FAMILY SHOPPING LIST:

|                                  |                        |
|----------------------------------|------------------------|
| Whole (only for 1-year children) | Lactose-Free: ½ gallon |
| Kosher                           | UHT- 32oz              |

**Not included:** Organic, 2%, flavored, buttermilk, rice, goat, nut or grain beverages, specialty or other milk alternatives, glass bottles

**Soy Milk - 64 oz** | Plain or Original

ONLY THE FOLLOWING BRANDS ARE ALLOWED:

|               |      |             |
|---------------|------|-------------|
| 8th Continent | Silk | Great Value |
|---------------|------|-------------|

**Yogurt - 32 oz** | Plain or Flavored

**Whole Milk Yogurt** - Only for 1-year old children

ONLY THE FOLLOWING BRANDS ARE ALLOWED:

|                    |         |               |
|--------------------|---------|---------------|
| Brown Cow          | Hy-Vee  | Meijer        |
| Dannon             | Kroger  | Mountain High |
| Essential Everyday | Lucerne | Prairie Farms |

**Low Fat and Nonfat Yogurt** - Only for children over the age of 2 and women

ONLY THE FOLLOWING BRANDS ARE ALLOWED:

|                    |           |               |                |
|--------------------|-----------|---------------|----------------|
| Best Choice        | Hy-Vee    | Market Pantry | Our Family     |
| Dannon             | Kroger    | Mehadrin      | Prairie Farms  |
| Essential Everyday | La Yogurt | Meijer        | Schnucks       |
| Food Club          | LALA      | Mountain High | White Mountain |
| Great Value        | Lucerne   | Old Home      | Yoplait        |

**Not included:** Organic, Greek, artificial sweeteners or stevia, drinkable yogurt, mix in ingredients, yogurt with more than 40g sugar per cup

**Cheese - 16 oz or 8 oz** | Sliced or Block

Whole fat, low fat or fat free; in any of the following types or combinations:

|                 |           |          |               |
|-----------------|-----------|----------|---------------|
| Natural Cheddar | Provolone | Muenster | Monterey Jack |
| Mozzarella      | Swiss     | Colby    |               |

**Not included:** Organic, cheese from deli area, cheese food, spread, product, imitation, added flavors or ingredients, individually wrapped cheese slices

**Infant Formula**

As printed on your Family Shopping List

## MEATS AND BEANS

**Beans, Peas & Lentils**

**Dry**

Any type or brand - 16oz

**Canned**

Any type or brand - 15-16oz

**Not included:** Organic, soups, seasonings, baked beans, added fats, oils, or meats, green beans\*, wax beans\*, snap beans\*, or green peas\* (\*buy these foods with your fruit and vegetable dollar benefit)

**Peanut Butter 16-18 oz** | Creamy, Crunchy, Chunky

**Not included:** Organic, spread, or mixed with other ingredients

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

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## MEATS AND BEANS (continued)

**Tofu 14-16 oz** | Any texture, regular or organic

ONLY THE FOLLOWING BRANDS ARE ALLOWED:

|                |              |
|----------------|--------------|
| Azumaya        | Nasoya       |
| Franklin Farms | Nature's Soy |
| House Foods    | O Organics   |

**Not included:** Added fats, sugars, sweeteners, oils, sodium, or seasonings

**Eggs - 1 Dozen** | Large or Extra Large, white shell only

**Not included:** Organic, vegetarian, cage free, free range or pasture raised; low cholesterol, pasteurized, fortified/enriched or any other modified or specialty eggs

**Canned Fish - 5 oz**

Chunk Light Tuna (oil or water packed)      Pink Salmon

**Not included:** Organic, albacore or white tuna, solid, fillet, pouches, specialty, flavored, premium brands

**Infant Meats - 2.5 oz** | Plain with broth or gravy

ONLY THE FOLLOWING BRANDS ARE ALLOWED:

Gerber      Beech-Nut      Store Brand

**Not included:** Organic, added fruit, vegetables, rice or pasta; added sugars or salt; meat or poultry sticks, pouches

## FRUITS & VEGETABLES

### JUICE

100% Fruit or Vegetable Juice | Single Flavor  
Must have at least 72mg (80%) or more Vitamin C  
Any Brand Flavors | Orange, Grapefruit (red, white, pink)

**Women**

**48 oz container or 12 oz frozen** (must reconstitute to 48 oz)

Apple flavor only:    **Apple & Eve**      **Seneca**      **Juicy Juice**  
                                 **Mott's**

**Children**

**64 oz container** | Refrigerated or non refrigerated

Apple flavor only:    **Mott's**      **Tree Top**      **Musselman's**  
                                 **Juicy Juice**      **Indian Summer**

**V8**

100% Vegetable, Low Sodium, Spicy

**Welch's**

Grape, White Grape, Red Grape

**Campbell's**

Tomato

**Old Orchard**

Apple, Grape, White Grape, Orange

**Langers**

Orange, Apple, Grape, Red Grape,  
White Grape, Grapefruit, Pineapple,  
Tomato, Vegetable, Vegetable Low  
Sodium

**Everfresh**

Orange, Apple

**Store Brands**

Apple, Grape, Pineapple, Tomato/Vegetable

Always Save, Best Choice, Dierbergs, Essential Everyday, Fareway, Food Club,  
Freedom's Choice, Gold Emblem, Great Value, Harvest Classic,  
Hy-Top, Hy-Vee, IGA, Kedem, Kroger, Liebers, Market Pantry, Meijer,  
Nature's Nectar, Our Family, Roundy's, Sam's Choice, Schnucks, Shurfine,  
Signature Select, Tipton Grove

**Not included:** Organic, juice cocktails, light or reduced calorie, low acid, fruit juice blends, added sugar, artificial sweetener, or stevia

### FRESH

**Fruits & Vegetables** | Any variety of fresh fruits or vegetables

**Not included:** Herbs or spices; dried fruits or vegetables; party trays or platters; baskets; salad bar items, bags of salads with topping/dressing; ornamental or decorative fruits or vegetables

### FROZEN

**Fruits & Vegetables** | Any brand or package size/type

**Not included:** Added sugar, artificial sweetener, or stevia; breading, butter, sauce, fat, oil, salt, or seasoning; added rice, pasta or meat; fries or other shaped potatoes

### CANNED

**Fruit** | Any variety packed in juice or water, unsweetened applesauce (with cinnamon allowed)

**Not included:** Added sugar, artificial sweetener, stevia, pouches

**Vegetables** | Any variety including green peas, green/snap/wax/yellow beans | Whole, diced, crushed, or stewed tomatoes; tomato sauce, paste or puree (with herbs or seasoning allowed); salsa or picante.

**Not included:** With any oil or brine; vinegar; pickles or pickled vegetables; creamed vegetables, added fats or oils; pizza or pasta sauce; added sugars or artificial sweeteners.

### INFANT FRUITS AND VEGETABLES

**Infant Fruits and Vegetables** | 4oz containers, 2-pack of 4oz each (equals 8oz) | Any plain variety fruits or vegetables | Any mixture of plain fruits or vegetables

ONLY THE FOLLOWING BRANDS ARE ALLOWED:

Gerber      Beech-Nut      Pic Select Fresh      Store Brand

**Not included:** Organic, pouches, added cereal, meat, starches, sugar, salt or DHA; dinners, desserts, yogurt blends, 2-packs of 2oz each

**Your Family Shopping List shows the dollar amount you can spend on fruits and vegetables. If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference.**



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