

WIC Program Illinois Authorized WIC Food List

EFFECTIVE FEBRUARY 1, 2019

Grains	Milk	Meat and Beans
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	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 (<i>original or vanilla</i>) Silk (<i>original</i>) Great Value (<i>original</i>)	Dry Beans, Peas & Lentils - 16 oz Canned Mature Beans Examples include but not limited to: Black-eyed peas Garbanzo (<i>chickpeas</i>) 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
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	Cheese - Least Expensive Brand Natural Cheddar Provolone Colby Muenster Monterey Jack Swiss Mozzarella Mixtures of cheese listed (<i>Co-Jack</i>) 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	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
Oatmeal - 16 oz Old Fashioned, Traditional, Quick-Cook, Rolled Oats (<i>no flavors added</i>) Cereal - Store Brands Bran Flakes Shredded Wheat (<i>frosted, blueberry, strawberry cream</i>) Toasted Oats (<i>plain, multi-grain</i>) National Brands Kix (<i>plain, honey, berry berry</i>) Chex (<i>corn, rice, blueberry, wheat, vanilla, cinnamon</i>) Corn Flakes Frosted Mini Wheats Grapenuts Complete Bran Flakes (<i>wheat</i>) Grapenut Flakes Cream of Wheat (<i>whole grain</i>) Life (<i>plain</i>) Original Malt-o-Meal Rice Krispies Cheerios (<i>plain, multi-grain</i>) 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>)	Infant Formula As written on Food Instrument	Eggs - 1 dozen Least Expensive Brand Grade A or AA Large Canned Fish - 5 oz Chunk Light Tuna (<i>water or oil packed</i>) Pink Salmon Not Allowed: Lunch Kit tuna or pouches
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	Set a good example for your children eat well, exercise and avoid harmful substances like drugs, tobacco and alcohol!	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 (<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>) 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 (<i>including sugar</i>)	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>
		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	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 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>
Baby Fruits & Vegetables 4oz plain fruits, plain vegetables or a combination of 2 or more plain fruits or vegetables Beech Nut (<i>classics</i>) 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.		

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