



WIC Program Illinois Authorized Food List

EFFECTIVE FEBRUARY 2022

Grains		Dairy		Meats and Beans											
<p>100% Whole Wheat Bread & Buns - 16 oz Whole wheat flour must be the first ingredient listed Not Included Organic, bakery items</p> <p>100% Whole Wheat Pasta - 16 oz ONLY THE FOLLOWING BRANDS ARE ALLOWED: Kroger Bionaturae Hodgson Mill Mishpacha Colavita Delallo Signature Select Essential Everyday Hy-Vee Fareway Schnucks Barilla Gia russa Luigi Vitelli Great Value Good & Gather Americas Choice Bella Terra Ronzoni Our Family Racconto</p> <p>Not Included: Pasta made from rice, quinoa, flax, corn, or vegetables, organic, sugars, fats, oils or salt</p>		<p>Milk Product type and size will be listed on your Family Shopping List</p> <p>1% or Skim - Only for children over the age of 2 and women</p> <p>ONLY ALLOWED WHEN PRINTED ON FAMILY SHOPPING LIST: Whole (only for 1-year children) Lactose-Free: ½ gallon Kosher UHT- 32oz</p> <p>Not included: Organic, 2%, flavored, buttermilk, rice, goat, nut or grain beverages, specialty or other milk alternatives, glass bottles</p>		<p>Beans, Peas & Lentils</p> <table border="0"> <tr> <td>Dry Any type or brand 16oz</td> <td>Canned Any type or brand 15-16oz</td> </tr> </table> <p>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)</p>		Dry Any type or brand 16oz	Canned Any type or brand 15-16oz								
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<p>Bulgur - 16 oz</p>	<p>Brown Rice - 16 oz Plain, Regular or Instant Not Included: Organic</p>	<p>Soy Milk - 64 oz</p> <p>ONLY THE FOLLOWING BRANDS ARE ALLOWED: 8th Continent (original or vanilla) Silk (original) Great Value (original)</p>		<p>Peanut Butter 16-18 oz Creamy, Crunchy, Chunky</p> <p>Not included: Organic, spread, or mixed with other ingredients</p>											
<p>Tortillas - 16 oz ONLY THE FOLLOWING BRANDS ARE ALLOWED: 100% Whole Wheat Kroger IGA Our Family Meijer Roundy's Guerrero Chi-Chis Micasa Frescados Signature Select Schnucks Tio Santi Mission Market Pantry La Banderita Ortega Great Value Best Choice Essential Everyday Don Pancho Celas Food Club</p> <p>Soft Corn - White or Yellow Kroger Don Marcos La Banderita Best Choice Chi-Chis Hy-Top Our Family Mission Essential Everyday IGA Frescados</p> <p>Not included: Hard corn tortillas/taco shells, low-carbohydrate, organic</p>		<p>Yogurt - 32 oz Plain or Flavored</p> <p>Whole Milk Yogurt - Only for 1-year old children</p> <p>ONLY THE FOLLOWING BRANDS ARE ALLOWED: Brown Cow Hy-Vee Kroger Meijer Prairie Farms Mountain High Lucerne Essential Everyday Dannon</p>		<p>Tofu 14-16 oz Any texture, regular or organic</p> <p>ONLY THE FOLLOWING BRANDS ARE ALLOWED: Nasoya O Organics Azumaya Natures Soy House Foods Franklin Farms</p> <p>Not included: Added fats, sugars, sweeteners, oils, sodium, or seasonings</p>											
<p>Oatmeal - 16 oz Old Fashioned, Traditional, Quick-Cook, Rolled Oats Not Included: Organic</p>		<p>Low Fat and Nonfat Yogurt - Only for children over the age of 2 and women</p> <p>ONLY THE FOLLOWING BRANDS ARE ALLOWED: Kroger Food Club LALA Prairie Farms Market Pantry Dannon Essential Everyday Best Choice Mountain High White Mountain Lucerne Schnucks Our Family Hy-Vee Mehadrin Meijer La Yogurt Yoplait Great Value</p> <p>Not included: Organic, Greek, artificial sweeteners or stevia, drinkable yogurt, mix in ingredients</p>		<p>Eggs - 1 Dozen Large or Extra Large, white shell only</p> <p>Not included: Organic, vegetarian, cage free, free range or pasture raised; low cholesterol, pasteurized, fortified/enriched or any other modified or specialty eggs</p>											
<p>Cereal - 12 oz or larger</p> <table border="0"> <tr> <td> <p>General Mills Chex (corn, rice, blueberry, wheat, cinnamon) Cheerios (original, multigrain) Kix (original, honey, berry berry)</p> <p>Kellogg's Frosted Mini Wheats (original, chocolate, little bites, bite size) Corn Flakes (original) Rice Krispies (original) All-Bran Complete Wheat Flakes</p> <p>Post Grape-nuts Grape-nuts Flakes Honey Bunches of Oats (cinnamon bunches, honey roasted, vanilla bunches, with almonds)</p> <p>Quaker Life (original) Quaker Oatmeal Squares (brown sugar, cinnamon)</p> </td> <td> <p>Malt-O-Meal Mini Spooners (frosted, strawberry cream) Malt-O-Meal (original, chocolate)</p> <p>B & G Foods Cream of Wheat (whole grain)</p> <p>Store Brands Corn Flakes Crispy Rice Toasted Oats (original) Bran Flakes Frosted Shredded Wheat (original)</p> <p>Kroger, Roundy's, Value Time, Signature Select, Fareway, Dierbergs, Food Club, IGA, Schnucks, Essential Everyday, Hytop, Best Choice, Our Family, Hyvee, Great Value, Always Save, Market Pantry, Meijer</p> </td> </tr> </table>		<p>General Mills Chex (corn, rice, blueberry, wheat, cinnamon) Cheerios (original, multigrain) Kix (original, honey, berry berry)</p> <p>Kellogg's Frosted Mini Wheats (original, chocolate, little bites, bite size) Corn Flakes (original) Rice Krispies (original) All-Bran Complete Wheat Flakes</p> <p>Post Grape-nuts Grape-nuts Flakes Honey Bunches of Oats (cinnamon bunches, honey roasted, vanilla bunches, with almonds)</p> <p>Quaker Life (original) Quaker Oatmeal Squares (brown sugar, cinnamon)</p>	<p>Malt-O-Meal Mini Spooners (frosted, strawberry cream) Malt-O-Meal (original, chocolate)</p> <p>B & G Foods Cream of Wheat (whole grain)</p> <p>Store Brands Corn Flakes Crispy Rice Toasted Oats (original) Bran Flakes Frosted Shredded Wheat (original)</p> <p>Kroger, Roundy's, Value Time, Signature Select, Fareway, Dierbergs, Food Club, IGA, Schnucks, Essential Everyday, Hytop, Best Choice, Our Family, Hyvee, Great Value, Always Save, Market Pantry, Meijer</p>	<p>Cheese - 16 oz or 8 oz Sliced or Block</p> <p>Whole fat, low fat or fat free; in any of the following types or combinations:</p> <table border="0"> <tr> <td>Natural Cheddar</td> <td>Provolone</td> <td>Muenster</td> <td>Monterey Jack</td> </tr> <tr> <td>Mozzarella</td> <td>Swiss</td> <td>Colby</td> <td></td> </tr> </table> <p>Not included: Organic, cheese from deli area, cheese food, spread, product, imitation, added flavors or ingredients, individually wrapped cheese slices</p>		Natural Cheddar	Provolone	Muenster	Monterey Jack	Mozzarella	Swiss	Colby		<p>Canned Fish - 5 oz Chunk Light Tuna (oil or water packed) Pink Salmon</p> <p>Not included: Organic, albacore or white tuna, solid, fillet, pouches, specialty, flavored, premium brands</p>	
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<p>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</p> <p>Not included: Organic, rice, cereals with added fruit, formula, DHA/ARA or other non-cereal ingredients</p>		<p>Infant Formula As printed on your Family Shopping List</p>		<p>Infant Meats - 2.5 oz Plain with broth or gravy</p> <p>ONLY THE FOLLOWING BRANDS ARE ALLOWED: Gerber Beech-Nut Store Brand</p> <p>Not included: Organic, added fruit, vegetables, rice or pasta; added sugars or salt; meat or poultry sticks, pouches</p>											
<p>Set a good example for your children. Eat well, exercise and avoid harmful substances like drugs, tobacco and alcohol!</p>															

Fruits & Vegetables

Juice	Fresh	Frozen	Canned					
<p>Juice 100% Fruit or Vegetable Juice Must have at least 72mg (80%) or more Vitamin C Any Brand Flavors - Orange, Grapefruit (red, white, pink), Pineapple</p> <p>Women 48 oz container</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">Apple & Eve Apple</td> <td style="width: 33%;">Seneca Apple</td> <td style="width: 33%;">Juicy Juice Any flavor</td> </tr> </table> <p>Frozen 12 oz (must reconstitute to 48 oz)</p> <p>Old Orchard All flavors</p> <p>Store Brands Apple, Grape, Tomato/Vegetable</p> <p>Kroger, Freedoms Choice, Signature Select, Food Club, Best Choice, Our Family</p> <p>Children 64oz container</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Motts Apple, apple cherry, apple mango, apple white grape, apple raspberry, apple pineapple</p> <p>Tree Top Apple, apple grape, apple cranberry</p> <p>Musselmans Apple</p> <p>Ocean Spray Cranberry, apple, concord grape</p> <p>V8 100% vegetable, low sodium, spicy</p> <p>Campbell's Tomato</p> <p>Langers All flavors except pomegranate blends</p> <p>Store Brands Apple, Grape, White Grape, Tomato/Vegetable</p> <p>Kroger, Roundy's, Meijer, Schnucks, Hy-Top, Sams Choice, Signature Select, Fareway, Dierbergs, IGA, Best Choice, Our Family, Market Pantry, Food Club, Essential Everyday, HyVee, Great Value, Tipton Grove, Natures Nectar, Gold Emblem, Kedem, Liebers, Harvest Classic</p> </td> <td style="width: 50%; vertical-align: top;"> <p>Indian Summer Apple</p> <p>Welchs Grape, white grape and red grape</p> <p>Old Orchard All flavors</p> <p>Everfresh Orange, apple, kiwi strawberry</p> <p>Juicy Juice All flavors</p> <p>Northland All flavors</p> </td> </tr> </table> <p>Not Included: Organic, juice cocktails, light or reduced calorie, low acid</p>	Apple & Eve Apple	Seneca Apple	Juicy Juice Any flavor	<p>Motts Apple, apple cherry, apple mango, apple white grape, apple raspberry, apple pineapple</p> <p>Tree Top Apple, apple grape, apple cranberry</p> <p>Musselmans Apple</p> <p>Ocean Spray Cranberry, apple, concord grape</p> <p>V8 100% vegetable, low sodium, spicy</p> <p>Campbell's Tomato</p> <p>Langers All flavors except pomegranate blends</p> <p>Store Brands Apple, Grape, White Grape, Tomato/Vegetable</p> <p>Kroger, Roundy's, Meijer, Schnucks, Hy-Top, Sams Choice, Signature Select, Fareway, Dierbergs, IGA, Best Choice, Our Family, Market Pantry, Food Club, Essential Everyday, HyVee, Great Value, Tipton Grove, Natures Nectar, Gold Emblem, Kedem, Liebers, Harvest Classic</p>	<p>Indian Summer Apple</p> <p>Welchs Grape, white grape and red grape</p> <p>Old Orchard All flavors</p> <p>Everfresh Orange, apple, kiwi strawberry</p> <p>Juicy Juice All flavors</p> <p>Northland All flavors</p>	<p>Fruits & Vegetables Any variety of fresh fruits or vegetables</p> <p>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</p>	<p>Fruits & Vegetables Any brand or package size/type</p> <p>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</p>	<p>Fruit Any container type or size Any variety packed in juice or water Unsweetened applesauce (with cinnamon allowed)</p> <hr/> <p>Vegetables Any variety including green peas, green/snap/wax/yellow beans</p> <p>Whole, diced, crushed, or stewed tomatoes; tomato sauce, paste or puree (with herbs or seasoning allowed); salsa or picante.</p> <p>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.</p>
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<p>Your Family Shopping List shows the dollar amount you can spend on fruits and vegetables.</p> <p>If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference.</p>								
Infant Fruits and Vegetables								
<p>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</p> <p>ONLY THE FOLLOWING BRANDS ARE ALLOWED:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 25%;">Gerber</td> <td style="width: 25%;">Beech-Nut</td> <td style="width: 25%;">Pic Select Fresh</td> <td style="width: 25%;">Store Brand</td> </tr> </table> <p>Not Included: Organic, pouches, added cereal, meat, starches, sugar, salt or DHA; dinners, desserts, yogurt blends, 2-packs of 2oz each</p>				Gerber	Beech-Nut	Pic Select Fresh	Store Brand	
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