State of Illinois
Department of Human Services

WIC Program Illinois Authorized Food List

EFFECTIVE FEBRUARY 2022

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:

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			

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

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	Celias	Food Club	

Soft Corn - White or Yellow

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

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)*
Kix *(original, honey, berry berry)*

Kellogg's
Frosted Mini Wheats *(original, chocolate, little bites, bite size)*
Corn Flakes *(original)*
Rice Krispies *(original)*
All-Bran Complete Wheat Flakes

Post
Grape-nuts
Grape-nuts Flakes
Honey Bunches of Oats *(cinnamon bunches, honey roasted, vanilla bunches, with almonds)*

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)*

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

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

ONLY THE FOLLOWING BRANDS ARE ALLOWED:
- 8th Continent (original or vanilla)
- Silk (original)
- Great Value (original)

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	Kroger	Meijer
Prairie Farms	Mountain High	Lucerne	Essential Everyday
Dannon			

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

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	

Not included: Organic, Greek, artificial sweeteners or stevia, drinkable yogurt, mix in ingredients

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	Canned
Any type or brand	Any type or brand
16oz	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

Tofu 14-16 oz
Any texture, regular or organic

ONLY THE FOLLOWING BRANDS ARE ALLOWED:

Nasoya	O Organics
Azumaya	Natures Soy
House Foods	Franklin Farms

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

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

Fruits & Vegetables

Juice

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

Women
48 oz container

Apple & Eve
Apple

Seneca
Apple

Juicy Juice
Any flavor

Frozen 12 oz (must reconstitute to 48 oz)

Old Orchard
All flavors

Store Brands
Apple, Grape, Tomato/Vegetable

Kroger, Freedoms Choice, Signature Select, Food Club, Best Choice, Our Family

Children
64oz container

Motts
Apple, apple cherry, apple mango, apple white grape, apple raspberry, apple pineapple

Tree Top
Apple, apple grape, apple cranberry

Musselmans
Apple

Ocean Spray
Cranberry, apple, concord grape

V8
100% vegetable, low sodium, spicy

Campbell's
Tomato

Langers
All flavors except pomegranate blends

Store Brands
Apple, Grape, White Grape, Tomato/Vegetable

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

Indian Summer
Apple

Welchs
Grape, white grape and red grape

Old Orchard
All flavors

Everfresh
Orange, apple, kiwi strawberry

Juicy Juice
All flavors

Northland
All flavors

Not Included: Organic, juice cocktails, light or reduced calorie, low acid

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 container type or size
Any variety packed in juice or water
Unsweetened applesauce (with cinnamon allowed)

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.

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.

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

Illinois Department of Human Services

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