



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
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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
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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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