



# WIC Program Illinois Authorized Food List

## EFFECTIVE FEBRUARY 1, 2025

### GRAINS

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

⊘ **Not Allowed:** Organic, bakery items

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

✔ **These Brands are OK:**

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

⊘ **Not Allowed:** 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 Allowed:** Organic

**Tortillas** - 16 oz

✔ **These Brands are OK:**

**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	Kroger	Our Family
Chi-Chi's	Frescados	La Banderita	
Don Marcos	IGA	Mission	

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

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

⊘ **Not Allowed:** Organic

**Cereal** - 12 oz or larger

✔ **These Brands are OK:**

**General Mills**

Chex (*corn, rice, blueberry, wheat, cinnamon*)  
 Cheerios (*original, multigrain*)  
 Cheerios Veggie Blends (*apple strawberry, blueberry banana*)  
 Kix (*original, honey, berry berry*)

**Kellogg's**

Frosted Mini Wheats (*original, little bites, cocoa*)  
 Corn Flakes (*original*)  
 Rice Krispies (*original*)

**Malt-O-Meal**

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

**B & G Foods**

Cream of Wheat (*whole grain*)  
**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*)

✔ **Allowed Store Brands for 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, Kiggins, Kroger, Market Pantry, Meijer, Our Family, Roundy's, Schnucks, Signature Select, That's Smart

### PROTEIN RICH FOODS

**Beans, Peas & Lentils** - 16 oz Dry or 15-16 oz Canned

Any type or brand is OK

⊘ **Not Allowed:** 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, or Chunky

⊘ **Not Allowed:** Organic, spread, or mixed with other ingredients

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

✔ **These Brands are OK:**

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

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

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

⊘ **Not Allowed:** Organic, vegetarian, cage free, free range, pasture raised, low cholesterol, pasteurized, fortified, enriched, or any other modified or specialty egg

**Canned Fish** - 5 oz

**Chunk Light Tuna (oil or water packed) Pink Salmon**

⊘ **Not Allowed:** Organic, flavored, albacore or white tuna, solid, filet, pouches, specialty or premium brands

### INFANT FOODS

**Infant Formula** - As printed on your Family Shopping List

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

✔ **These Brands are OK:**

Beech-Nut	Gerber	Store Brands
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⊘ **Not Allowed:** Organic, rice, cereals with added fruit, formula, DHA/ARA, or other non-cereal ingredients

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

✔ **These Brands are OK:**

Beech-Nut	Gerber	Store Brands
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⊘ **Not Allowed:** Organic, added fruit, vegetables, rice or pasta, added sugars or salt, meat or poultry sticks, pouches

**Infant Fruits and Vegetables** - 4oz containers, 2-pack of 4oz each (equals 8 oz)

**Any plain variety fruits or vegetables** | Any mixture of plain fruits or vegetables

✔ **These Brands are OK:**

Beech-Nut	Gerber	Pic Select Fresh	Store Brands
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⊘ **Not Allowed:** Organic, pouches, added cereal, meat, starches, sugar, salt or DHA; dinners, desserts, yogurt blends, 2-packs of 2oz each

Set a good example for your children.

Eat well, exercise and avoid harmful substances  
 like drugs, tobacco and alcohol!



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## FRUIT & VEGETABLES

Check your Family Shopping List for the amount you can spend. Spend it on any combination of fresh, frozen or canned fruits and vegetables. You can go over this amount and pay the difference.

### Fresh

#### Any variety of fresh fruits or vegetables

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

### Frozen

#### Any brand or package size/type

- ⊘ **Not Allowed:** 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 Allowed:** 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 Allowed:** 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

### Juice

**100% Fruit or Vegetable Juice** | Single Flavor  
**Must have at least 72mg (80%) or more Vitamin C**

**Women** - 12 oz Frozen concentrate or 48 oz Container  
**Children** - 64 oz Container

#### ✓ 12 oz and 48 oz flavors and brands that are OK:

**Apple** - Apple & Eve, Juicy Juice, Mott's, Seneca  
**Orange, Grapefruit** - Most brands are OK

#### ✓ 64 oz flavors and brands that are OK:

**Apple** - Everfresh, Indian Summer, Juicy Juice, Langers, Mott's, Musselman's, Old Orchard, Tree Top  
**Orange, Grapefruit** - Most brands are OK  
**Grape** - Langers (grape, red, or white), Old Orchard (grape and white grape), Welch's (grape, white and red grape)  
**Pineapple** - Langers  
**Tomato** - Campbell's, Langers  
**Vegetable** - Langers (100% Vegetable, Low Sodium), V8 (100% Vegetable, Low Sodium, Spicy)

#### ✓ Allowed Store Brands for Apple, Grape, Pineapple, Tomato/ Vegetable (12 oz, 48 oz, 64 oz):

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 Allowed:** Organic, juice cocktails, light or reduced calorie, low acid, fruit juice blends, added sugar, artificial sweetener, or stevia

## DAIRY

**Milk** - Check your Family Shopping List for allowed milk type and size.  
**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), Kosher, Lactose-Free: ½ gallon, UHT- 32oz

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

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

#### ✓ These Brands are OK:

8th Continent                      Bettergoods                      Silk

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

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

#### ✓ These Brands are OK:

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

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

#### ✓ These Brands are OK:

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 Allowed:** 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                      Muenster                      Mozzarella                      Colby  
Provolone                      Monterey Jack                      Swiss

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

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