

# WIC Program Illinois Authorized WIC Food List

EFFECTIVE FEBRUARY 1, 2018

Grains	Milk	Meat and Beans
<p><b>100% Whole Wheat Bread, Buns - 16 oz</b></p> <hr/> <p><b>Whole Wheat Pasta (any shape) - 16 oz</b>            Hodgson Mill    Racconto    Great Value            ShurFine        Our Family    Ronzoni Healthy Harvest            Barilla           Kroger        America's Choice            Hy-Vee            Meijer        Essential Everyday</p>	<p><b>Milk - Least Expensive Brand</b>            Fat Free/Skim    Whole    Light/Lowfat/1%</p> <p><b>Not Allowed:</b>            Flavored or chocolate, buttermilk, rice, goat milk or shelf stable</p> <p><b>Only Allowed</b> 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>)</p>	<p><b>Dry Beans, Peas &amp; Lentils - 16 oz</b></p> <hr/> <p><b>Canned Mature Beans</b>            Examples include but not limited to:            Black-eyed peas                      Garbanzo (<i>chickpeas</i>)            Great northern                        Kidney            Black                                        Lima            Red    Navy            Pinto                                         Refried</p> <p><b>Not Allowed:</b>            Soups of any kind, canned green beans, wax beans, snap beans or green peas, seasonings, added fats, meats or oils</p>
<p><b>Brown Rice - 16 oz</b>            Plain</p> <hr/> <p><b>Soft Corn Tortillas - 16 oz</b>            Chi Chi's        La Burrita        La Banderita            Don Pancho     Pepito             Guerrero            Santa Fe        Don Marcos     Store Brand            Mission        Azteca</p>	<p><b>Cheese - Least Expensive Brand</b>            Natural Cheddar    Provolone            Colby                    Muenster            Monterey Jack     Swiss            Mozzarella            Mixtures of cheese listed (<i>Co-Jack</i>)</p> <p>The above types are also allowed in:            low sodium            low fat            low cholesterol</p> <p><b>Not Allowed:</b>            Cheese food, spread, product or imitation, added flavors or ingredients, individually wrapped slices or shredded</p>	<p><b>Peanut Butter - Least Expensive Brand</b>            Plain, smooth, creamy, crunchy or chunky            All types allowed in low sodium</p> <p><b>Not Allowed:</b>            Added jelly, jam, honey, marshmallow, or any other combinations, imitation or peanut spread</p>
<p><b>Oatmeal - 16 oz</b>            Old Fashioned, Traditional, Quick-Cook, Rolled Oats  <i>(no flavors added)</i></p> <hr/> <p><b>Cereal - Store Brands</b>            Bran Flakes            Shredded Wheat (<i>frosted, blueberry, strawberry cream</i>)            Toasted Oats (<i>plain, multi-grain</i>)</p> <p><b>National Brands</b>            Alpha-Bits                      Kix (<i>plain, honey, berry berry</i>)            Dora the Explorer              Chex (<i>corn, rice, 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, almond, honey roasted, cinnamon</i>)</p>	<p><b>Infant Formula</b>            As written on Food Instrument</p>	<p><b>Eggs - 1 dozen Least Expensive Brand</b>            Grade A or AA Large</p> <hr/> <p><b>Canned Fish - 5 oz</b>            Chunk Light Tuna (<i>water or oil packed</i>)            Pink Salmon</p> <p><b>Not Allowed:</b>            Lunch Kit tuna or pouches</p>
<p><b>Infant Cereal</b>            Rice, oatmeal, barley, whole wheat or mixed grain            Beech Nut    Store Brand    Gerber</p> <p><b>Not Allowed:</b>            Organic, cereals with added formula, fruit, protein, DHA</p>	<p><b>Set a good example for your children            eat well, exercise and avoid harmful            substances like drugs, tobacco and alcohol!</b></p>	<p><b>Baby Meats- 2.5 oz</b>            Plain with broth or gravy            Beech Nut    Store Brand    Gerber</p> <p><b>Not Allowed:</b>            Organic or meat sticks</p>

Juices, Baby Fruits & Vegetables		Fruits & Vegetables	
Juice	Fresh	Frozen	Canned
<p><b>Unsweetened 100% Juice</b> Must have 120% or more daily vitamin C Apple Grapefruit Orange Orange-Grapefruit Pineapple Grape Tomato Vegetable (<i>all flavors except Splash &amp; V-Fusion</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>)</p> <p><b>Not Allowed:</b> Hi-C drinks, fruit or juice drinks, cocktails juice boxes or organic</p> <p><b>Only allowed</b> when printed on Food Instrument: single serving cans</p> <p>For those who do not want ready- to -drink juice convert as follows: 48oz = one 12oz frozen concentrate</p>	<p><b>Fruits &amp; Vegetables</b> Any variety fresh fruit or vegetables</p> <p><b>Not Allowed:</b> Dried fruits or vegetables Herbs or spices Fruit-nut mixtures Salad bar items Fruit baskets or party trays No added sugars, fats or oils</p>	<p><b>Fruit</b> Any brand with no added sugar Any variety or mixture of fruits</p> <p><b>Not Allowed:</b> Ingredients other than fruit (<i>including sugar</i>)</p> <p><b>Vegetables</b> Any brand, size, package type Plain vegetables, plain vegetable mixtures Regular, low sodium</p> <p><b>Not Allowed:</b> French fries, hash browns, tater tots, other shaped potatoes, products with sauce, seasoned, flavored or breaded, mixtures with added pasta, rice or other grains</p>	<p><b>Fruit</b> Any brand, size, container type Plain fruit, plain fruit mixture packed in water or juice Applesauce (<i>no sugar added or unsweetened only</i>)</p> <p><b>Vegetables</b> Any brand, size, container type plain vegetables, plain vegetable mixtures tomato products (<i>crushed, whole, puree, sauce, salsa or picante</i>) Regular, low sodium</p> <p><b>Not Allowed:</b> 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>)</p>
<p><b>Baby Fruits &amp; Vegetables</b> 4oz plain fruits, plain vegetables or a combination of 2 or more plain fruits or vegetables Beech Nut (<i>classics</i>) Gerber Store Brand *2-packs of 4oz containers equal two 4oz jars</p> <p><b>Not Allowed:</b> Desserts, mixed dinners, no added starches, cereals, DHA, organic or pouches</p>	<p><b>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.</b></p>		

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