



WIC Program Illinois Authorized WIC Food List

EFFECTIVE FEBRUARY 1, 2020

Grains	Milk	Meat and Beans
<p>100% Whole Wheat Bread & Buns - 16 oz ANY BRAND Not Allowed: Organic</p>	<p>Milk - Least Expensive Brand Fat Free/Skim Light/Lowfat/1% Whole Only Allowed when printed on Shopping List: Half Gallons Lactose Free UHT Soy Milk 8th Continent (original or vanilla) Silk (original) Great Value (original)</p>	<p>Dry Beans, Peas & Lentils- 16 oz Canned Beans, Peas & Lentils- 15-16 oz cans Examples include but not limited to: Black-eyed peas Garbanzo (chickpeas) Great Northern Kidney Black Lima Red Navy Pinto Refried</p>
<p>100% Whole Wheat Pasta - 16 oz ANY BRAND, ANY SHAPE "Whole wheat flour" and/or "whole durum wheat flour" must be the only flours listed in the ingredient list. Not Allowed: Added vegetables, sugars, fats, oils or salt (sodium), organic</p>	<p>Not Allowed: Soups of any kind, canned green beans, wax beans, snap beans or green peas, seasonings, added fats, meats, oils or organic</p>	<p>Not Allowed: Added jelly, jam, honey, marshmallow, or any other combinations, imitation, peanut spread or organic</p>
<p>Bulgur - 16 oz ANY BRAND Not Allowed: Organic, seasonings</p>	<p>Not Allowed: Flavored or chocolate, buttermilk, rice, goat milk, shelf stable, almond, cashew or other milk alternatives</p>	<p>Peanut Butter - Least Expensive Brand Plain, smooth, creamy, crunchy or chunky All types allowed in low sodium</p>
<p>100% Whole Wheat Tortillas - 16 oz ANY BRAND "Whole wheat flour" must be the only flour listed in the ingredient list.</p>	<p>Yogurt - 1 quart (32 oz) Plain or flavored Great Value Jewel Meijer HyVee Schnucks Dannon Yoplait Kroger</p>	<p>Not Allowed: Added jelly, jam, honey, marshmallow, or any other combinations, imitation, peanut spread or organic</p>
<p>Soft Corn Tortillas - 16 oz La Banderita Don Pancho Guerrero Santa Fe Don Marcos Mission Azteca</p>	<p>Not Allowed: Drinkable yogurt, organic, Greek, artificial sweeteners, mix in ingredients such as granola or similar ingredients</p>	<p>Tofu- 16 oz Plain, any texture, refrigerated or shelf-stable Azumaya WestSoy House Nasoya Not Allowed: Added fats, sugars, oils, sodium or seasonings</p>
<p>Oatmeal - 16 oz Old Fashioned, Traditional, Quick-Cook, Rolled Oats (no flavors added)</p>	<p>Cheese - Least Expensive Brand Natural Cheddar Provolone Colby Muenster Monterey Jack Swiss Mozzarella Mixtures of cheese listed (Co-Jack)</p>	<p>Eggs - Least Expensive Brand Grade A or AA Large</p>
<p>Cereal - Store Brands Shredded Wheat (frosted, blueberry, strawberry cream) Bran Flakes Toasted Oats (plain, multi-grain) National Brands Kix (plain, honey, berry berry) Corn Flakes Frosted Mini Wheats Grapenuts Complete Bran Flakes (wheat) Life (plain) Cream of Wheat (whole grain) Original Malt-o-Meal Cheerios (plain, multi-grain) Mini-Spooners (frosted, blueberry, strawberry cream)</p>	<p>The above types are also allowed in: low sodium, low fat and low cholesterol</p> <p>Not Allowed: Organic, cheese food, spread, product, imitation, added flavors or ingredients, individually wrapped slices or shredded</p>	<p>Canned Fish - 5 oz Chunk Light Tuna (water or oil packed) Pink Salmon Not Allowed: Lunch Kit tuna or pouches, organic</p>
<p>Quaker Oatmeal Squares (brown sugar, cinnamon) Honey Bunches of Oats (whole grain, vanilla bunches, almond, honey roasted, cinnamon) Chex (corn, rice, blueberry, wheat, vanilla, cinnamon)</p>	<p>Infant Formula As printed on Shopping List</p>	<p>Baby Meats- 2.5 oz Plain with broth or gravy Beech Nut Store Brand Gerber Not Allowed: Organic, meat sticks</p>
<p>Infant Cereal Rice, oatmeal, barley, whole wheat or mixed grain Beech Nut Store Brand Gerber Not Allowed: Organic, cereals with added formula, fruit, protein, DHA</p>	<p>Set a good example for your children eat well, exercise and avoid harmful substances like drugs, tobacco and alcohol!</p>	

Juices, Baby Fruits & Vegetables

Fruits & Vegetables

Juice

Unsweetened 100% Juice
 Must have 72mg (80%) or more vitamin C or 120% or more if mg of vitamin C are not listed

Apple
 Grapefruit
 Orange
 Orange-Grapefruit
 Pineapple
 Grape
 Tomato
 Vegetable (*regular, low-sodium*)
 Dole 100% Juice (*all flavors*)
 Juicy Juice (*all flavors*)
 Old Orchard (*all flavors*)
 Welch's 100% Juice (*all flavors*)

48oz ready-to-drink juice = one 12oz frozen concentrate

Not Allowed:
 Hi-C drinks, fruit or juice drinks, cocktails, juice boxes or organic

Baby Fruits & Vegetables

4oz plain fruits, plain vegetables or a combination of 2 or more plain fruits or vegetables

Beech Nut Gerber Store Brand
 Pic Select Fresh

*2-packs of 4oz containers = two 4oz jars

Not Allowed:
 Desserts, mixed dinners, no added starches, cereals, DHA, organic or pouches

Fresh

Fruits & Vegetables
 Any variety fresh fruit or vegetables

Not Allowed:
 Dried fruits or vegetables
 Herbs or spices
 Fruit-nut mixtures
 Salad bar items
 Fruit baskets or party trays
 no added sugars, fats or oils

Frozen

Fruit
 Any brand with no added sugar
 Any variety or mixture of fruits

Not Allowed:
 Ingredients other than fruit (*including sugar*)

Vegetables
 Any brand, size, package type
 Plain vegetables, plain vegetable mixtures
 Regular, low sodium

Not Allowed:
 French fries, hash browns, later tots, other shaped potatoes, products with sauce, seasoned, flavored or breaded, mixtures with added pasta, rice or other grains

Canned

Fruit
 Any brand, size, container type
 Plain fruit, plain fruit mixture packed in water or juice
 Applesauce
 (*no sugar added or unsweetened only*)

Vegetables
 Any brand, size, container type
 Plain vegetables, plain vegetable mixtures
 Tomato products
 (*crushed, whole, puree, sauce, salsa or picante*)
 Regular, low sodium

Not Allowed:
 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
 (*for example: creamed corn, sauerkraut*)

You may pay the difference if the dollar amount of fresh, frozen or canned fruits and vegetables purchased, exceeds the value of the benefit.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or Local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) Fax: (202) 690-7442; or (3) Email: program.intake@usda.gov. This institution is an equal opportunity provider.