



WIC Program Illinois Authorized WIC Food List

EFFECTIVE FEBRUARY 1, 2016		
Grains	Milk	Meat and Beans
<p>100% Whole Wheat Bread, Buns- 16 oz</p>	<p>Milk - Least Expensive Brand Fat Free/Skim Whole Light/Lowfat/1%</p> <p>Not Allowed: Flavored or chocolate, buttermilk, rice, goat milk or shelf stable</p> <p>Only Allowed when printed on Food Instrument: Half Gallons Quarts Lactose Free Instant Nonfat Dry Soy Milk 8th Continent (original or vanilla) Silk (original)</p>	<p>Dry Beans, Peas & Lentils- 16 oz</p>
<p>Whole Wheat Pasta (any shape)- 16 oz Hodgson Mill Racconto Great Value ShurFine Our Family Ronzoni Healthy Harvest Barilla Kroger Meijer</p>		<p>Canned Mature Beans Examples include but not limited to: Black-eyed peas Garbanzo (chickpeas) Great northern Kidney Black Navy Pinto Refried Red Lima</p>
<p>Brown Rice- 16 oz Plain</p>		<p>Not Allowed: Soups of any kind, canned green beans, wax beans, snap beans or green peas, seasonings added fats, meats or oils</p>
<p>Soft Corn Tortillas- 16 oz Chi Chi's La Burrita La Banderita Don Pancho Pepito Guerrero Santa Fe Don Marcos Store Brand Mission Azteca</p>		<p>Not Allowed: Peanut Butter- Least Expensive Brand Plain, smooth, creamy, crunchy or chunky All types allowed in low sodium</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>The above types are also allowed in : low sodium low fat low cholesterol</p> <p>Not Allowed: Cheese food, spread, product or imitation, added flavors or ingredients, individually wrapped slices, shredded</p>	<p>Eggs- 1 dozen Least Expensive Brand Grade A or AA Large</p>
<p>Cereal- Store Brands Bran Flakes Shredded Wheat (frosted, blueberry, strawberry cream) Toasted Oats (plain, multi-grain)</p> <p>National Brands Alpha -Bits Kix (plain, honey, berry berry) Dora the Explorer Corn Chex (gluten free) Corn Flakes Rice Chex (gluten free) Grapenuts Complete Bran Flakes (wheat) Grapenut Flakes Cream of Wheat (whole grain) Life (plain) Original Malt-o-Meal Rice Krispies (original) Mini-Spooners (frosted, blueberry, strawberry cream) Quaker Oatmeal Squares (brown sugar, cinnamon) Cheerios (plain, multi-grain) Honey Bunches of Oats Whole Grain (almond crunch, honey crunch, with vanilla bunches)</p>	<p>Not Allowed: Cheese food, spread, product or imitation, added flavors or ingredients, individually wrapped slices, shredded</p>	<p>Canned Fish- 5 oz Chunk Light Tuna (water or oil packed) Pink Salmon Not Allowed: Lunch Kit tuna or pouches</p>
<p>Infant Cereal Rice, oatmeal, barley, whole wheat or mixed grain Beech Nut Store Brand Gerber</p> <p>Not Allowed: Organic, cereals with added formula, fruit, protein, DHA</p>	<p>Infant Formula As written on Food Instrument</p>	<p>Baby Meats- 2.5 oz Plain with broth or gravy Beech Nut Store Brand Gerber Not Allowed: Organic, meat sticks</p>

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

Juices, Baby Fruits & Vegetables	Fruits & Vegetables		
Juice	Fresh	Frozen	Canned
<p>Unsweetened 100% Juice Must have 120% or more daily vitamin C</p> <p>Apple Grapefruit Orange Orange-Grapefruit Pineapple Grape Tomato Vegetable (all flavors except Splash & V-Fusion) Dole 100% Juice (all flavors) Juicy Juice (all flavors) Old Orchard (all flavors) Welch's 100% Juice (all flavors)</p> <p>Not Allowed: Hi-C drinks, fruit or juice drinks, cocktails juice boxes or organic</p> <p>Only allowed 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>Fruits & Vegetables Any variety fresh fruit or vegetables</p> <p>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</p>	<p>Fruit Any brand with no added sugar Any variety or mixture of fruits</p> <p>Not allowed: Ingredients other than fruit (including sugar)</p> <p>Vegetables Any brand, size, package type Plain vegetables, plain vegetable mixtures Regular, low sodium</p> <p>Not Allowed: 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>Fruit Any brand, size, container type Plain fruit, plain fruit mixture packed in water or juice Applesauce (no sugar added or unsweetened only)</p> <p>Vegetables Any brand, size, container type plain vegetables, plain vegetable mixtures tomato products (crushed, whole, puree, sauce) Regular, low sodium</p> <p>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)</p>
<p>Baby Fruits & Vegetables 4 oz plain fruits, plain vegetables or a combination of 2 or more plain fruits or vegetables Beech Nut (classics) Gerber Store brand *2-packs of 4oz containers equal two 4oz jars</p> <p>Not Allowed: Desserts, mixed dinners, no added starches, cereals, DHA or organic, pouches</p>	<div style="border: 2px solid gray; padding: 10px;"> <p><i>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.</i></p> </div>		

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