



Illinois WIC Authorized Food List

EFFECTIVE FEBRUARY 2026

GRAINS

100% Whole Wheat Bread, Buns, Bagels, English Muffins - 12oz or larger | 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 or larger

Brown Rice - 14 oz or larger | Plain, Regular or Instant

Not Allowed: Organic

Corn Masa Flour - 22 oz or larger

These Brands are OK:

Bob's Red Mill Golden; Great Value Instant; Maseca Antojitos; Maseca Instant; Maseca Nixta; Maseca Tamal; Maseca Yellow 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 or larger | Traditional, Old Fashioned, Quick-Cook, Rolled Oats

Not Allowed: Organic

Cereal - 12 oz or larger

These Brands are OK:

General Mills

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

Kellogg's

Frosted Mini Wheats (original, little bites, cocoa)
Corn Flakes (original)
Raisin Bran
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)

Raisin Bran

Quaker

Life (original)

Quaker Oatmeal Squares (brown sugar, cinnamon)

GRAINS

Cereal - 12 oz or larger

Allowed Store Brands for Corn Flakes, Crispy Rice, Toasted Oats, Bran Flakes, Frosted Shredded Wheat:

Always Save, Best Choice, Dierbergs, Essential Everyday, Fareway, Food Club, Freedom's Choice, Great Value, Hy-Top, Hy-Vee, IGA, Kemach, Kiggens, 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 oz or larger | Any texture, regular or organic

These Brands are OK:

Azumaya: Extra Firm; Firm	House Foods: Extra Firm; Medium
Franklin Farms: Extra Firm; Firm; Medium; Soft	Nasoya: Extra Firm; Super Firm
O Organics: Extra Firm; Firm	

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 - Chunk Light Tuna, Pink Salmon, or Sardines - 2.5 oz or larger

Oil or water packed; cans or pouches; added sauce or flavorings such as tomato, mustard, lemon, and herbs allowed for tuna and sardines

Not Allowed: Organic; Albacore, white, or yellow fin tuna; Red Salmon; Fillet or Brisling Sardines; 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

These Brands are OK: Gerber; Store Brands

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

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FRUIT & VEGETABLES

Check your Family Shopping List for the amount you can spend. Buy 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, fresh herbs

Not Allowed: Potted herb plants; dried 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 - 64 oz

100% Fruit or Vegetable Juice | Single Flavor

Must have at least 72mg (80%) or more Vitamin C

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:

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

Cow's Milk, Lactose-Free Milk, Soy Milk

Whole - for children 12-23 months of age

1% or Skim - for children over age 2 and women

Only allowed when printed on family shopping list:
Kosher, UHT

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
Dannon

Essential Everyday
Kroger

Mountain High
Prairie Farms

Stonyfield Organic

Low Fat and Nonfat Yogurt

These Brands are OK:

Best Choice
Dannon
Essential Everyday

Food Club
Great Value
Kroger

LALA
Mountain High
Our Family

Prairie Farms
Stonyfield Organic
Yoplait

Plain Only: Hy-Vee, Lucerne, Market Pantry, Mehadrin, Meijer, Old Home, Schnucks

Not Allowed: Greek, artificial sweeteners or stevia, drinkable yogurt, mix in ingredients, yogurt with more than 16g added 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 Allowed: Organic, cheese from deli area, cheese food, spread, product, imitation, added flavors or ingredients, individually wrapped cheese slices


**Set a good example for your children.
Eat well, exercise and avoid harmful substances
like drugs, tobacco and alcohol!**

This institution is an equal opportunity provider.

