



# 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;	Nasoya: Extra Firm; Super Firm
Medium; Soft	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!



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