

# WIC Program Authorized Food List

Adapted from Illinois Department of Human Services documents  
Rock Island County Health Department  
Spring 2022

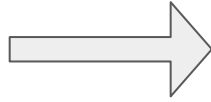


**Public Health**  
Prevent. Promote. Protect.  
Rock Island County  
Health Department

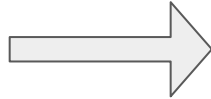
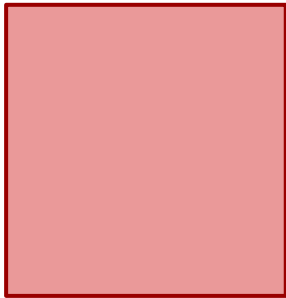


*This institution is an equal opportunity provider.*

# How to use this resource



Green background = WIC approved



Red Background = not WIC approved

# Grains



# 100% Whole Wheat Bread and Buns 16 oz

- First ingredient = whole wheat flour



# No

- Organic bread
- No bakery items



# 100% Whole Wheat Pasta - 16oz

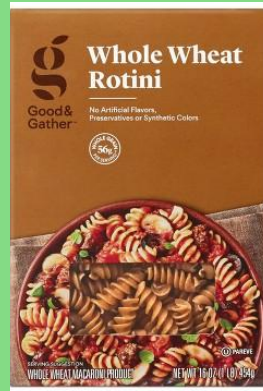
- Must be
  - Americas Choice
  - Barilla
  - Bella Terra
  - Bionaturae
  - Colavita
  - Delallo
  - Essential Everyday



# 100% Whole Wheat Pasta - 16oz

- Must be

- Fareway
- Gia russa
- Good & Gather
- Great Value
- Hodgson Mill
- Hy-Vee
- Kroger



# 100% Whole Wheat Pasta - 16oz

- Must be
  - Luigi Vitelli
  - Mishpacha
  - Our Family
  - Racconto
  - Ronzoni
  - Schnucks
  - Signature Select

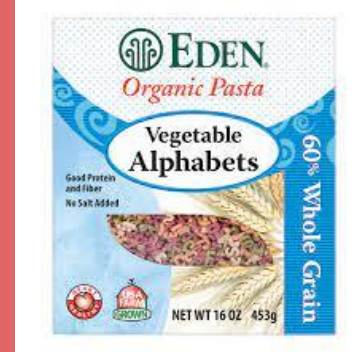




# Pasta must not ...

## Made with

- Vegetables
- Sugars
- Fats
- Oils
- Salt
- Rice
- Quinoa
- Flax
- Corn
- No organic pasta



# Bulgur 16 oz

- Plain
- Regular
- Instant



# Brown Rice 16 oz

Regular

Instant



# No organic rice

- Not organic



# Whole wheat Tortillas 16 oz

- Best Choice
- Celia's
- Chi-Chis
- Don Pancho
- Essential Everyday
- Food Club
- Frescados



# Whole wheat Tortillas 16 oz

- Great Value
- Guerrero
- IGA
- Kroger
- La Banderita
- Market Pantry
- Meijer
- Micasa



# Whole wheat Tortillas 16 oz

- Mission
- Ortega
- Our Family
- Roundy's
- Schnucks
- Signature Select
- Tio Santi



# Soft Corn Tortillas - 16 oz

- Mission
- Chi Chis
- Don Marco
- Guerrero
- La Burrita
- La Banderita





# Soft Corn Tortillas - 16 oz

- Don PanchoPito
- Santa Fe
- Store brand / generic



# No

- Hard shell
- Taco shell
- Low- carb
- organic



# Oatmeal - 16 oz

- Old fashioned
- Traditional
- Quick cook
- Rolled oats



# No Organic Oatmeal



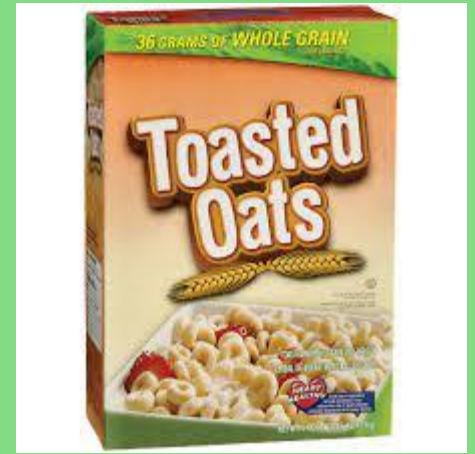
# Cereal Store Brand



- Shredded Wheat
  - original



- Bran flakes
  - Kellogg's All Bran
- Toasted oats
  - Plain
  - Multi Grain
- National brands
- Quaker Oatmeal Squares
  - Brown Sugar
  - Cinnamon



- Kix
  - Plain
  - Honey
  - Berry Berry
- Frosted Mini Wheats





- Corn Flakes
- Complete Bran Flakes (wheat)
- Grape Nuts
- Cream of Wheat (whole grain)



- Grapenut Flakes
- Original and Chocolate Malt-o-Meal
- Cheerios
  - Plain
  - Multi Grain

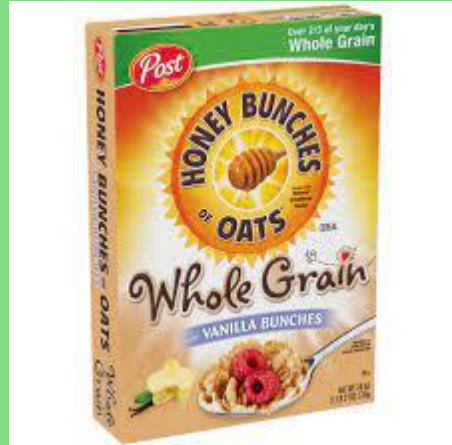


- Rice Krispies
- Mini Spooners
  - Frosted
  - Blueberry Strawberry cream



- Honey Bunches of Oats

- Whole grain
- Vanilla
- Almond
- Honey roasted
- cinnamon



- Chex

- Corn
- Rice
- Blueberry
- Wheat
- cinnamon



- Store (generic) brands
  - Corn flakes
  - Crispy rice
  - Toasted Oats
  - Bran Flakes
  - Frosted Shredded wheat



Kroger, Roundy's, Value Time, Signature Select, Fareway, Dierbergs, Food Club, IGA, Schnucks, Essential Everyday, Hytop, Best Choice, Our Family, Hyvee, Great Value, Always Save, Market Pantry, Meijer



# Infant Cereal



# 16 oz or 8oz

- Gerber
- Beechnut
- Generic/ store brand
- Oatmeal
- Corn
- Barley
- Whole wheat
- Mixed grain





# No

- Organic
- Rice
- Added Formula
- Added Fruit
- Protein
- DHA





# Dairy



# Milk Least Expensive Brand

- Fat free
- Skim/ Light
- Lowfat
- 1%
- Whole (Only for infants ages 1-2)



# Lactose Free If on shopping list

Lactose Free

UHT free /

Half Gallon

- Lactaid
- Store brand



# Soy Milk If on shopping list

## 8th Continent

- Original
- Vanilla

Silk (original)

Great Value

- Original



# Not these

- Flavor
- Chocolate
- Buttermilk
- Rice
- Goat
- Shelf stable
- Nut (almond, cashew)
- Other



# Yogurt for age 2 and older 1 Quart / 32 oz

- Plain
- Flavored
- Low fat
- Great Value
- Jewel
- Meijer
- HyVee



# Yogurt for age 2 and older 1 Quart / 32 oz

- Plain
- Flavored
- Schnucks
- Dannon
- Yoplait
- Kroger





# Yogurt for under age 2 1 Quart / 32 oz

- Plain
- Flavored
- Made with whole milk
- Schnucks
- Dannon
- Yoplait
- Kroger



# Not these

- Drinkable Yogurt
- Organic
- Greek
- Artificial sweeteners
- Mix ins



# Cheese

- Natural Cheddar
- Provolone
- Colby
- Muenster
- Monterey Jack
- Swiss



Can be low sodium, fat, cholesterol

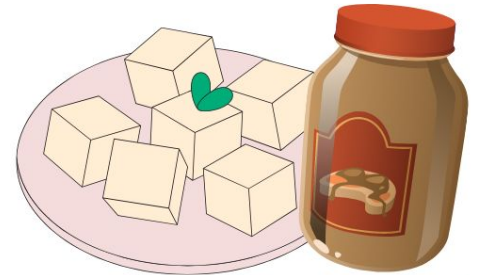
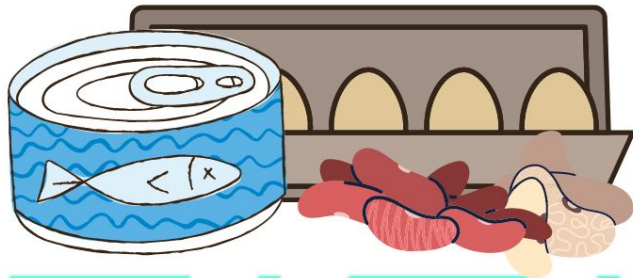


# Not these

- Organic
- Cheese food, spread, product, imitation
- Added flavors
- Added ingredients
- Individually Wrapped
- shredded



# Canned Fish, Beans, Baby Meats



# Beans, Peas and Lentils 15-16oz

- Pinto
- Black
- Kidney
- Lima
- Chickpeas
- Refried beans
- Others



# Not these

- Soups
- Canned green beans
- Canned wax beans
- Canned sweet peas
- Canned snap peas



# Not these

## Seasoning

- Added fats, meats, oils
- Organic





# Peanut Butter - Least Expensive Brand

- Plain
- Smooth
- Creamy
- Crunchy
- Chunky

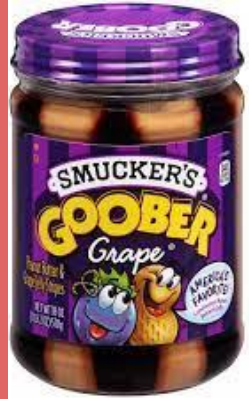


Allowed in Low Sodium

# Not these

## Added

- Jelly
- Jam
- Honey
- Marshmallows
- Other combinations



## Name Brand

## Imitation

## Peanut spread

## Organic



# Tofu- 16oz

- Plain
- Any texture
- Refrigerated
- Shelf Stable



Brands: Azumaya, WestSoy, House, Nasoya

# Not Allowed

No

- Added fats,
- Sugars,
- Oils,
- Sodium or,
- Seasonings



# Eggs- Least Expensive

- Large
- Grade A
- Grade AA



# Canned Fish- 5 oz

- Chunk Light Tuna
  - Water
  - Oil packed
- Pink salmon



For Breastfeeding Moms Only



# Not Allowed

- Lunch Kit
- Tuna
- Pouches
- Organic



# Baby Meats - 2.5 oz

- Plain
- With Broth
- With Gravy
- Brands
  - Beech Nut
  - Store
  - Gerber



For Breastfed Babies Only





# Not Allowed

- Meat sticks
- Organic



# Juices, Fruits, & Vegetables



# Unsweetened 100% Juice- 48 oz liquid

- 72 mg Vitamin C (listed)
- 120% Vitamin C (unlisted)
- All flavors
- Dole 100%
- Juicy Juice
- Old Orchard
- Welch's 100% Juice



**Flavors:** Apple, Grapefruit, Orange, Orange Grapefruit, Pineapple, Grape, Tomato, Vegetable (regular, low sodium)

# Unsweetened 100% Juice- 12oz Frozen Concentrate

- 72 mg vitamin c (listed)
- 120% vitamin c (unlisted)
- All flavors
- Dole 100%
- Juicy Juice
- Old Orchard
- Welch's 100% Juice



**Flavors:** Apple, Grape Fruit, Orange, Orange Grape Fruit, Pineapple, Grape, Tomato, Vegetable (regular, low sodium)

# Not Allowed

- Hi-C drinks
- Fruit or juice drinks
- Cocktails
- Juice boxes
- organic



# Baby fruit and vegetable- 4 oz or 2 packs of 4 oz

- Single fruit / vegetable
- Combination
- Beechnut
- Gerber
- Store brand
- Pic Select Fresh



# Not Allowed

- Desserts
- Mixed dinners
- Added starch
- Cereals
- DHA
- Organic
- Pouches



# Whole Fresh Fruit and Vegetables

- Any variety
- Must be whole





# Not Allowed

- Precut
- Dried fruits/  
vegetables
- Herbs or spices
- Fruit / nut  
mixes
- Salad bar items
- Fruit baskets
- Party trays
- No added  
sugar, oil, fats



# Frozen Fruit

- No added sugar
- Any variety



# Not Allowed

- Added ingredients
- Added sugar



# Frozen Vegetables

- Regular
- Plain
- Mixed



# Not Allowed

- Products with sauce
- Tater tots
- Other shaped potatoes
- Seasoned
- Flavored
- Breaded
- Added pasta, rice, or other grains



# Canned Fruit

- Any brand, size, or package
- Packed in water
- Packed in juice
- Plain
- Mixed
- Unsweetened apple sauce



# Not Allowed

- Packed in syrup
- Sweetened



# Canned Vegetables

- Tomato
- Plain
- Mixed
- Regular





# Not Allowed

- Pasta, rice, other grains
- Added Condiments, fats, oils
- Tomato with added sugar, fats, oil, or meats
- Soups
- Ketchups



# Not Allowed

- Relishes
- Olives
- Creamed or pickled vegetables



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