

# Illinois Local Food Purchasing Assistance Allowable Foods List

This guide lists foods that can be purchased using Local Food Purchasing Assistance funding. It reflects a list of agricultural products commonly produced in Illinois and cultural foods that could be grown in Illinois as indicated by USDA hardiness zones. Email [uie-lfpa@illinois.edu](mailto:uie-lfpa@illinois.edu) for questions related to items on this list.

Allowable food products must be grown and produced in Illinois and include fruits and vegetables (including 100% juices); grain products such as pasta and rice; meats (whole, pieces, or food items such as ground meats); meat alternates such as beans or legumes, and fluid milk and other dairy foods such as cheese and yogurt. Foods in various minimal processing states (e.g., whole, cut, pureed, etc.) and forms (e.g., fresh, frozen, canned, dried, etc.) are also permissible.

Foods that are generally understood to be significantly processed or prepared can not be purchased with LFPA funds. Examples of unallowable products include baked goods such as bread, muffins, or crackers; prepackaged sandwiches or meals; other prepared and pre-cooked items that come ready-to-eat or require no further preparation beyond heating (e.g., chicken nuggets, fish sticks, pre-made pizzas, etc.).



**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

# Fruits



> **Fruit may be whole, cut, pureed, fresh, frozen, canned, or dried. 100% juice is permissible if it is pasteurized.**

The following fruits can be purchased using LFPA funds:

- Apples\*
- Apricots
- Berries
  - Blackberries
  - Blueberries
  - Currants
  - Gooseberries
  - Raspberries
  - Strawberries
- Cherries
- Grapes\*
- Melons
  - Cantaloupe/Muskmelon
  - Honeydew
  - Watermelon\*
- Nectarines
- Peaches\*
- Plums
- Pears\*

\*Indicates a product requested on the Cultural Food Guide

# Vegetables (1/2)



- > **Vegetables may be whole, cut, pureed, fresh, frozen, canned, or dried. 100% juice is permissible if it is pasteurized.**

The following vegetables can be purchased using LFPA funds:

- Artichokes
- Asparagus\*
- Beets\*
- Bell peppers\*
- Bok choy
- Broccoli\*
- Brussels sprouts
- Carrots\*
- Cauliflower\*
- Corn\*
- Celery\*
- Chilis/Hot peppers\*
- Cucumbers\*
- Eggplant\*
- Fennel
- Garlic\*
- Ginger\*
- Greens\*
  - Arugula
  - Cabbage\*
  - Chard
  - Collard greens\*
  - Endive
  - Kale
  - Lettuce\*
  - Microgreens
  - Mustard greens\*
  - Spinach\*
  - Specialty greens
  - Sprouts

\*Indicates a product requested on the Cultural Food Guide

# Vegetables (2/2)



- > **Vegetables may be whole, cut, pureed, fresh, frozen, canned, or dried. 100% juice is permissible if it is pasteurized.**

The following vegetables can be purchased using LFPA funds:

- Herbs
  - Basil\*
  - Cilantro\*
  - Chives
  - Dill
  - Mint
  - Oregano\*
  - Parsley
  - Rosemary
  - Sage\*
  - Tarragon
  - Thyme
- Horseradish
- Jalapenos\*
- Kohlrabi
- Leeks
- Mushrooms\*
- Okra\*
- Onions\*
- Peas\*
- Potatoes\*
- Pumpkins
- Radishes
- Rutabagas
- Snacking peppers
- Snap beans
- Squash\*
  - Acorn
  - Butternut
  - Chayote\*
  - Delicata
  - Spaghetti
  - Yellow
  - Zucchini\*
- Sunchoke
- Sweet potatoes/Yams\*
- Tomatoes\*
- Tomatillos\*
- Turnips\*

\*Indicates a product requested on the Cultural Food Guide

# Grains



- > **Baked goods such as bread, muffins, or crackers cannot be purchased. Products such as pasta and rice are allowable.**

The following grain products can be purchased using LFPA funds:

- Amaranth
- Buckwheat
- Cornmeal\*
- Flour\*
- Grits\*
  - Whole grain grits\*
- Hominy\*
- Millet\*
- Oats/Oatmeal\*
- Pasta\*
  - Whole wheat pasta\*
- Popcorn
- Quinoa
- Rice\*
  - Brown rice\*
  - White rice\*
- Sorghum
- Tortillas\*
  - Corn tortillas\*
  - Flour tortillas\*
  - Whole wheat tortillas\*
- Wheat

\*Indicates a product requested on the Cultural Food Guide

# Dairy



> **All dairy products must be pasteurized.**

The following dairy products can be purchased using LFPA funds:

- Butter
- Cheese\*
- Cottage cheese\*
- Cream
- Goat milk
- Milk\*
- Queso fresco cheese\*
- Sour cream\*
- Soy milk\*
- Yogurt

\*Indicates a product requested on the Cultural Food Guide

# Plant Proteins



- > **Beans and legumes can be purchased fresh or dry. Raw ingredients must be grown in Illinois, and the final product must be processed in Illinois.**

The following plant proteins can be purchased using LFPA funds:

- Beans (Dry)
  - Adzuki/Red chori bean\*
  - Black beans\*
  - Chickpeas\*
  - Fava beans\*
  - Kidney beans\*
  - Lentils\*
  - Lima beans
  - Pinto beans\*
  - Soybeans
- Beans (Fresh)
  - Edamame\*
  - Fava beans\*
  - Lima beans
- Nuts
  - Chestnuts
  - Hickory nuts
  - Pecans
  - Walnuts
- Tofu\*

\*Indicates a product requested on the Cultural Food Guide

# Animal Proteins



- > **All cuts of meat can be purchased including whole, ground, offal, breasts, steaks, shanks, or roasts. Meat may be fresh, frozen, or dried. It can NOT be cooked.**

The following animal proteins can be purchased using LFPA funds:

- Beef
- Bison
- Chicken\*
- Duck\*
- Eggs\*
- Fish\*
  - Catfish\*
- Goat
- Lamb
- Pork\*
- Sheep
- Turkey\*

\*Indicates a product requested on the Cultural Food Guide



# Specialty Products



> **Foods under the Cottage Foods Law exemption are not eligible. Raw ingredients must be grown in Illinois, and the final product must be processed in Illinois.**

The following specialty products can be purchased using LFPA funds:

- Applesauce
- Honey\*\*
- Maple syrup
- Pasteurized 100% juice\*\*
- Salsa
- Tomato sauce\*

\*Indicates a product requested on the Cultural Food Guide

\*\*Indicates a product that may require specialized training, licensing, certification, and/or analysis to sell and produce

# Acknowledgements

This guide included content from the [LFPA Plus FAQ](#).

This list was compiled using information from the following organizations:

