

# cereals

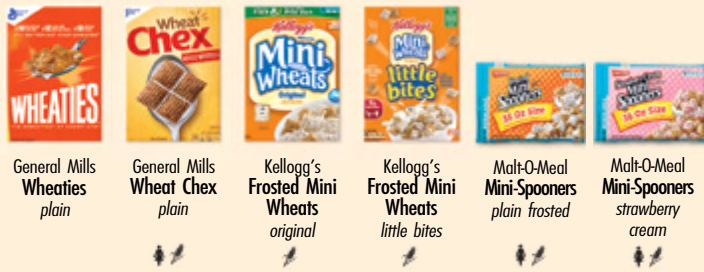
## whole grain cereals • More than 51% whole grain

- Cereals with 100% folic acid
- Cereals with 5 or more grams of fiber per serving

### Cold Cereals • 12 oz or larger



General Mills **Cheerios** plain gluten free  
 General Mills **Multi-Grain Cheerios** plain gluten free  
 General Mills **Kix** honey  
 General Mills **Kix** plain  
 General Mills **Kix** berry berry  
 General Mills **Total** whole grain plain



General Mills **Wheaties** plain  
 General Mills **Wheat Chex** plain  
 Kellogg's **Frosted Mini Wheats** original  
 Kellogg's **Frosted Mini Wheats** little bites  
 Malt-O-Meal **Mini-Spooners** plain frosted  
 Malt-O-Meal **Mini-Spooners** strawberry cream



Malt-O-Meal **Mini-Spooners** blueberry  
 Post **Grape-Nuts** plain  
 Post **Honey Bunches of Oats** Whole Grain honey crunch  
 Post **Honey Bunches of Oats** Whole Grain vanilla bunches  
 Post **Great Grains** banana nut crunch  
 Quaker **Life** plain



Quaker **Oatmeal Squares** brown sugar  
 Quaker **Oatmeal Squares** cinnamon  
 Any Store Brand **Bran Flakes**  
 Any Store Brand **Toasted Oats** or Tosteos

### Hot Cereals



**Cream of Wheat** 18 oz whole grain  
**Quaker Oatmeal** 11.8 oz individual packets, original flavor only  
 Any Store Brand **Instant Oatmeal** 11.8 oz individual packets, regular flavor

### WIC ALLOWED STORE BRAND

Bran Flakes, Toasted Oats, Tosteos and Instant Oatmeal include:

- Always Save
- Best Choice
- Clear Value
- Essential Everyday
- Fareway
- Food Club
- Great Value
- Hospitality
- HyTop
- Hy-Vee
- IGA
- Market Pantry
- Millville
- Our Family
- Ralston
- Shurfine
- Valu Time

## other cereals • Less than 51% whole grain

- Cereals with 100% folic acid

### Cold Cereals • 12 oz or larger

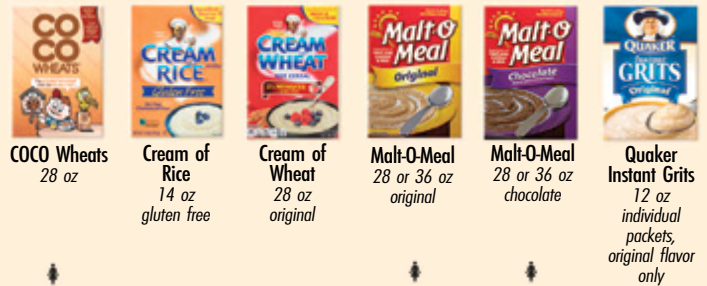


General Mills **Corn Chex** plain gluten free  
 General Mills **Rice Chex** plain gluten free  
 Kellogg's **Corn Flakes** plain  
 Kellogg's **Crispix** plain  
 Kellogg's **Rice Krispies** plain  
 Kellogg's **Special K** plain



Malt-O-Meal **Crispy Rice** plain  
 Post **Honey Bunches of Oats** with almonds  
 Post **Honey Bunches of Oats** cinnamon bunches  
 Post **Honey Bunches of Oats** honey roasted

### Hot Cereals



**COCO** Wheats 28 oz  
**Cream of Rice** 14 oz gluten free  
**Cream of Wheat** 28 oz original  
**Malt-O-Meal** 28 or 36 oz original  
**Malt-O-Meal** 28 or 36 oz chocolate  
**Quaker Instant Grits** 12 oz individual packets, original flavor only

## Ways to buy up to 36 oz of cereal

You may combine cereals up to a total of 36 ounces per month.

14.5 oz	19.0 oz	14.0 oz	20.5 oz	12 oz	12 oz	12 oz	18 oz	18 oz
+ 19.0 oz		+ 20.5 oz		+ 12 oz			+ 18 oz	
33.5 oz		34.5 oz		36 oz			36 oz	