





























Cereals

12 oz package or larger size




FA High in folic acid **W** Whole grain **5+** Whole grain with 5+ grams of fiber **GF** Gluten free

WIC-allowed brands include:

Cold Cereal						
	Cheerios	Multi Grain Cheerios	Kix Honey	Kix	Kix Berry Berry	
	W GF	FA W GF	W	W	W	
						
	Total Whole Grain	Wheaties	Wheat Chex	Corn Chex	Rice Chex	Grape-Nuts
FA W	W	5+	GF	GF	FA 5+	
						
Honey Bunches of Oats Whole Grain Honey Crunch	Honey Bunches of Oats Vanilla Bunches	Honey Bunches of Oats With Almonds	Honey Bunches of Oats Honey Roasted	Great Grains Banana Nut Crunch	Frosted Mini Wheats Original	
FA W	FA W	FA	FA	5+	FA 5+	
						
Frosted Mini Wheats Little Bites	Corn Flakes	Crispix	Rice Krispies	Special K	Oatmeal Squares Brown Sugar	
FA 5+				FA	5+	
						
Oatmeal Squares Cinnamon	Life	Mini Spooners Plain Frosted	Mini Spooners Strawberry Cream	Crispy Rice Malt-O-Meal Only		
5+	W	FA 5+	FA 5+	FA GF		

Hot Cereal

				
COCO Wheats 28 oz	Quaker Oatmeal 11.8 oz Individual Packets Original Flavor	Quaker Instant Grits 12 oz Individual Packets Original Flavor	Malt-O-Meal 28 or 36 oz Original	Malt-O-Meal 28 or 36 oz Chocolate
	W			

		
Cream of Wheat 28 oz Original	Cream of Wheat 18 oz Whole Grain	Cream of Rice 14 oz
	5+	GF

Store Brand Cereal

WIC-allowed varieties include:

Bran Flakes, Toasted Oats/Tasteos, and Instant Oatmeal Packets.



Cereals in packages **smaller than 12 oz are not allowed.** If you have **fewer than 12 oz of cereal left** in your benefits, you will **not be able to use** them.

Use this guide to get the most cereal.

36.0 OUNCES		+			
34.5 OUNCES		+			
36.0 OUNCES		+		+	

EXCEPTION

11.8 oz instant oatmeal is the only cereal allowed **below 12 oz.**

