Tortillas  Whole Grain Item

16 oz package (1 lb)
• WIC-allowed brands pictured below

Bread  Whole Grain Item

16 oz package (1 lb)
100% whole wheat
• WIC-allowed brands pictured below

2018-2020
Cereals

12 oz package or larger size
- WIC-allowed brands only

- High in folic acid
- Whole grain
- Whole grain with 5+ grams of fiber
- Gluten free

**Cold Cereal**
- Cheerios
- Multi Grain Cheerios
- Kix
- Kix Honey
- Kix Berry Berry

- Total
- Wheaties
- Wheat Chex
- Corn Chex
- Rice Chex
- Grape-Nuts

**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

**Cream of Wheat**
- 18 oz Whole Grain
- 28 oz Original
- 14 oz

**Store Brand Cereal**
- Instant Oatmeal 11.8 oz Individual Packets Original Flavor
- Great Grains Banana Nut Crunch

**WIC-Allowed Store Brand:**
- Bran Flakes, Toasted Oats, Tastees & Instant Oatmeal include:
  - Always Save
  - Best Choice
  - Clear Value
  - Essential Everyday
  - Fareway
  - Food Club
  - Great Value
  - Hospitality
  - HyTop
  - Hy-Vee
  - IGA
  - Market Pantry
  - Our Family
  - Ralston
  - Shurfine
  - Valu Time

**2018-2020**