

# Shopping EFFECTIVE 2026 Guide



# WHOLE GRAIN ITEMS

You can buy any of these:

- Bread
- Pasta
- Brown Rice
- Tortillas
- Oats
- Wild Rice

## 100% Whole Wheat Bread

Any size

You can buy any combination:

- Bread
- Bagels
- English muffins
- Buns
- Dinner rolls
- Sandwich thins

WIC-allowed brands include:



## Brown Rice and Wild Rice



Any size

Any brand

- Blends of brown and wild rice
- Instant rice boxes
- Pouches with added water



## Oats



Any size

Any brand

- Quick Oats or
- Old Fashioned Oats



Whole grains are allowed in **any size**. Look for **1 lb (pound)** or **16 oz sizes** to get the most from your benefits.

# WHOLE GRAIN ITEMS

## Tortillas

Any size

WIC-allowed brands include:

<b>100% Whole Wheat</b>					
	<b>Best Choice</b>	<b>Chi-Chi's Fajita Style</b>	<b>Don Pancho</b>	<b>Essential Everyday</b>	<b>Fareway</b>
					
<b>Food Club</b>	<b>Frescados</b>	<b>Great Value</b>	<b>Hy-Vee</b>	<b>La Banderita</b>	<b>Market Pantry</b>
					
<b>Mission</b>	<b>Our Family</b>				
<b>Yellow or White Corn</b>					
	<b>Best Choice</b>	<b>Chi-Chi's</b>	<b>Don Pancho</b>	<b>Essential Everyday</b>	<b>Fareway</b>
					
<b>Food Club</b>	<b>Great Value</b>	<b>Frescados</b>	<b>Hy-Vee</b>	<b>La Banderita</b>	<b>La Burrita</b>
					
<b>La Perla</b>	<b>Los Maizales</b>	<b>Mission Extra Thin</b>	<b>Our Family</b>		

## 100% Whole Wheat Pasta



Any size  
Any brand  
• Any shape OK

**DO NOT BUY**

- Pasta made from rice, quinoa, flax, corn, or vegetables




























# Cereals

Scan UPC in the MN WIC App to see if the cereal is WIC allowed.

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

75% of WIC cereals are whole grain.

WIC-allowed brands include:

 <p><b>Cold Cereal</b> 12 oz package or larger size</p>	 <p><b>Cheerios</b> <b>GF</b></p>	 <p><b>Multi Grain Cheerios</b> <b>FA GF</b></p>	 <p><b>Cheerios Veggie Blends</b> Apple Strawberry <b>FA GF</b></p>	 <p><b>Cheerios Veggie Blends</b> Blueberry Banana <b>FA GF</b></p>	 <p><b>Bluey</b></p>
 <p><b>Kix</b></p>	 <p><b>Total</b> Whole Grain <b>FA</b></p>	 <p><b>Wheaties</b></p>	 <p><b>Wheat Chex</b> <b>5+</b></p>	 <p><b>Corn Chex</b> <b>GF</b></p>	 <p><b>Rice Chex</b> <b>GF</b></p>
 <p><b>Life</b> <b>FA</b></p>	 <p><b>Oatmeal Squares</b> Brown Sugar <b>5+</b></p>	 <p><b>Corn Flakes</b></p>	 <p><b>Crispix</b></p>	 <p><b>Rice Krispies</b></p>	 <p><b>Special K</b> <b>FA</b></p>
 <p><b>Complete Bran</b> <b>5+</b></p>	 <p><b>Grape-Nuts</b> Grape-Nuts Flakes <b>FA 5+</b></p>	 <p><b>Post Bran Flakes</b> <b>FA 5+</b></p>	 <p><b>Mini Spooners</b> Plain Frosted <b>FA 5+</b></p>	 <p><b>Mini Spooners</b> Strawberry Cream <b>FA 5+</b></p>	
 <p><b>Crispy Rice</b> Malt-O-Meal Only <b>FA GF</b></p>	 <p><b>Frosted Mini Wheats</b> Original Little Bites Cocoa Strawberry Blueberry Muffin <b>FA 5+</b></p>	 <p><b>Great Grains</b> Banana Nut Crunch Cranberry Almond Crunch Crunchy Pecan Raisin Date Pecan Red Berry Almond Crunch <b>FA</b></p>	 <p><b>Honey Bunches of Oats</b> Cinnamon Bunches Honey Roasted Maple &amp; Pecans Vanilla With Almonds <b>FA</b></p>		



**Hot Cereal**  
9.8 oz or larger



**COCO Wheats**



**Quaker Oatmeal**

Individual Packets  
Original Flavor



**Quaker Instant Grits**

Individual Packets  
Original Flavor



**Malt-O-Meal Original**



**Malt-O-Meal Chocolate**



**Cream of Wheat Original**



**Cream of Wheat Whole Grain**



**Cream of Rice**



**Store Brand Cereal**

**WIC-allowed varieties include:**

- Bran Flakes
- Corn Flakes
- Corn Squares
- Rice Squares
- Instant Oatmeal Packets
- Bite Size Frosted
- Shredded Wheat
- Bite Size Frosted Shredded
- Wheat – Strawberry
- Crispy Rice / Rice Crisps
- Toasted Oats / Tasteeos



Use this guide to get the most cereal.

**36.0 OUNCES**



**34.5 OUNCES**



**35.8 OUNCES**



**HOT CEREAL**



For any questions, ask the staff at your local WIC clinic, or call the state WIC office at **1-800-657-3942**

To request this material in another format contact:



**Minnesota WIC Program**

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