



DEPARTMENT of HEALTH SERVICES

i Get the latest on COVID-19

****** COVID-19 activity level

WIC Approved Cereals

Buy:

- Combinations of cold and hot
- Only the brands and flavors listed



Cold Cereals

12 ounce packages or larger
boxes or bags

Only the following are allowed:

Cheerios, Plain (*General Mills*)

Cheerios, Multigrain (*General Mills*)

Chex, Corn (*General Mills*)

Chex, Wheat (*General Mills*)

Chex, Rice (*General Mills*)

Chex, Blueberry (*General Mills*)

Chex, Vanilla (*General Mills*)

Chex, Cinnamon (*General Mills*)

Mini-Wheats, Touch of Fruit, Raspberry (*Kellogg's*)

Mini-Wheats, Original (*Kellogg's*)

Mini-Wheats, Little Bites (*Kellogg's*)

Kix, Plain (*General Mills*)

Kix, Honey (*General Mills*)

Kix, Berry Berry (*General Mills*)

Honey Bunches of Oats Whole Grain, Honey Crunch, (*Post*)

Honey Bunches of Oats Whole Grain, Almond Crunch (*Post*)

Honey Bunches of Oats, Cinnamon (*Post*)

Honey Bunches of Oats, Almond (*Post*)

Honey Bunches of Oats, Vanilla (*Post*)

Honey Bunches of Oats, Honey Roasted (*Post*)

Honey Bunches of Oats, Pecan & Maple Brown Sugar (*Post*)

Oatmeal Squares, Brown Sugar (*Quaker*)

Oatmeal Squares, Cinnamon (*Quaker*)

Grape-Nuts, Plain (*Post*)

Grape-Nuts, Flakes (*Post*)

Corn Flakes, Plain (*Kellogg's*)

Special K, Plain (*Kellogg's*)

Rice Krispies, Plain (*Kellogg's*)

Crispix, Plain (*Kellogg's*)

Wheaties, Plain (*General Mills*)

Total (*General Mills*)

Great Grains, Banana Nut Crunch (*Post*)

Crispy Rice (*Malt-O-Meal*)

Frosted Mini Spooners (*Malt-O-Meal*)

Life, Plain (*Quaker*)

Simple Granola (*Sunbelt Bakery*)

Store Brands: Bran Flakes, Frosted Shredded Wheat, Crisp or Crispy Rice, Tasteeos or Toasted Oats, Corn Flakes

Only the following: Always Save, Best Choice, Centrella, Clear Value, Essential Everyday, Food Club, Great Value, Hy-Top, Hy-Vee, IGA, Kiggins, Kroger, Market Pantry, Meijer, Our Family, Parade, Red & White, Shoppers Value, Shurfine, That's Smart