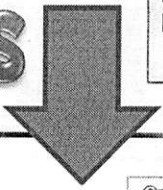


# OTHER HELPFUL INFORMATION

## Other Ingredients that are Whole Grains.

<b>BARLEY</b> Dehulled barley or barley flour Hulled or hull- less barley Whole barley Whole-barley flakes Whole-barley flour Whole-grain barley Whole-grain barley flour	<b>CORN</b> Masa (whole corn treated with lime) Whole corn Whole-corn flour Whole-cornmeal Whole-grain corn flour Whole-grain grits Whole-ground corn <b>OATS</b> Oat groats Oatmeal, including old- fashioned, quick-cooking and instant	Rolled oats Whole oats Whole-oat flour <b>RYE</b> Whole rye Rye berries Whole-rye flour Whole-rye flakes <b>WHEAT (RED)</b> Bulgur (cracked wheat) Bromated whole-wheat flour	Cracked wheat Crushed wheat Entire-wheat flour Graham flour Sprouted wheat Sprouted wheat berries Stone ground whole-wheat flour Toasted crushed whole wheat Wheat berries Whole bulgur Whole durum flour Whole durum wheat flour	Whole-grain bulgur Whole-grain wheat Whole wheat Whole-wheat flour Whole-wheat pastry flour Whole-wheat flakes <b>WHEAT (WHITE)</b> Whole white wheat Whole white wheat flour <b>WILD RICE</b> Wild rice Wild rice flour	<b>LESS COMMON GRAINS</b> Amaranth Buckwheat, buckwheat groats Einkorn Emmer (farro) Kamut® Millet Quinoa Sorghum (milo) Spelt Teff Triticale
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# WIC CEREALS



### Cereal

Buy: \*Store brand/private label, (12 oz sizes or larger for cold cereal). Boxes or bags in combinations equal to or less than amount printed on check. May buy hot cereal as part of combination.

Do Not Buy: Cold cereal box sizes smaller than 12 oz, added fruit, or low sugar

These store brand/private label cereals meet the Federal WIC guidelines for iron and sugar content.



Signature Kitchens: Bran Flakes | Toasted Oats | Frosted Shredded Wheat (bite-size) | Corn Flakes | Crispy Rice | Rice Pockets | Honey Oats & Flakes (Original or Almonds)



WinCo: Toasted Oats | Corn Flakes | Frosted Shredded Wheat (bite-size) | Crisp Rice | Bran Flakes



Great Value: Crunchy Honey Oats | Frosted Shredded Wheat | Bran Flakes | Corn Flakes | Crisp Rice | Crunchy Nuggets | Toasted Corn | Toasted Rice | Toasted Wheat | Toasted Oat | Crunchy Oat Squares



Western Family: Corn Flakes | Frosted Shredded Wheat (bite-size) | Corn Squares | Rice Squares | Crisp Rice | Wheat Squares | Toasted Oats | Wheat Bran | Oats & More (Original or Almonds) | Nutty Nuggets



Kroger: Rice Bits | Oat Squares | Corn Flakes | Frosted Shredded Wheat (bite-size: Original, Blueberry or Strawberry) | Nutty Nuggets | Bran Flakes | Honey Crisp Medley (Original or Almonds) | Living Well | Crispy Rice | Multi-Grain Toasted Oats



Market Pantry: Frosted Shredded Wheat (bite-size: Original or Strawberry) | Toasted Oats | Honey & Oat Mixers (Original or Almonds) | Toasted Rice



Malt-O-Meal: (Bags or Boxes) | Oat Blenders with Honey (Original or Almonds) | Frosted Mini Spooners (Original, Blueberry or Strawberry Cream) | Crispy Rice

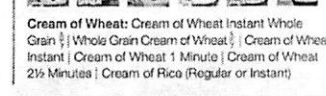
### Hot Cereal (Regular flavor only unless specified)



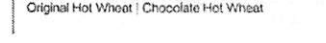
Western Family: Creamy Wheat Farina | Instant Oatmeal (packets only) | WinCo: Instant Oatmeal (packets only)



Signature Kitchens: Instant Oatmeal (packets only) | Great Value: Instant Oatmeal (packets only)



Cream of Wheat: Cream of Wheat Instant Whole Grain | Whole Grain Cream of Wheat | Cream of Wheat Instant | Cream of Wheat 1 Minute | Cream of Wheat 2 1/2 Minutes | Cream of Rice (Regular or Instant)



Malt-O-Meal: Original Hot Wheat | Chocolate Hot Wheat