# Breakfast Cereal

## Cold Breakfast Cereal

<table>
<thead>
<tr>
<th>Must Be</th>
<th>Not Approved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boxes, 11 oz to 36 oz</td>
<td>Bags</td>
</tr>
<tr>
<td>Plain</td>
<td>Cylinders</td>
</tr>
</tbody>
</table>

### These brands and types:

- **Cold Breakfast Cereal**
  - Bran Flakes: Essential Everyday *
  - Food Club *
  - Great Value *
  - IGA *
  - Kroger *
  - Safeway *
  - Western Family *
  - Cheerios (Plain) *
  - Corn Chex
  - Kellogg's Corn Flakes
  - Kellogg's Mini-Wheats, Unfrosted *
  - Kix (Plain)
  - Life (Plain)
  - Post Grape Nuts *
  - Post Grape Nuts Flakes *
  - Rice Chex
  - Wheat Chex *

## Hot Breakfast Cereal

### Shopping Tip

You can choose instant oatmeal in boxes containing individual packets when “breakfast cereal” is printed on the WIC check.

### Shopping Tip: You can choose a combination of breakfast cereals up to the amount of ounces (OZ) printed on the WIC check. Examples:

| 12 oz + 12 oz + 12 oz = 36 oz | 17.3 oz + 18 oz = 35.3 oz | 18 oz + 18 oz = 36 oz |

### Must Be

- Cream of Wheat (1 minute, 2 1/2 minute, 10 minute)
- Instant oatmeal in boxes containing individual packets:
  - Essential Everyday Original Flavor *
  - Great Value, Original *
  - IGA, Regular Flavor *
  - Safeway, Regular Flavor *
  - Quaker Oats, Original *
  - Western Family, Regular Flavor *
  - WinCo Foods Original *

### Do Not Buy

- Added flavors, fruits, or spices
- Added nuts or seeds

*These breakfast cereals are good sources of whole grain and fiber.*