**Cereal**
- Cold Breakfast Cereal:
  - Alpha Bits
  - Cheerios (Plain)
  - Cheerios Multi Grain (Plain)
  - Corn Chex (Plain)
  - Dora the Explorer (Cinnamon)
  - Great Grains Banana Nut Crunch
  - Kellogg’s Corn Flakes (Plain)
  - Kellogg’s Frosted Little Bites
  - Kellogg’s Frosted Mini Wheats (Original)
  - Kellogg’s Rice Krispies (Plain)
  - Kix (Plain)
  - Post Grape Nuts
  - Post Grape Nuts Flakes
  - Rice Chex (Plain)
  - Sunbelt Bakery Simple Granola
  - Wheat Chex (Plain)

**Bran Flakes:**
- Essential Everyday
- Food Club
- Great Value
- IGA
- Kroger
- Signature Kitchens
- Western Family

**Hot Cereal:**
- Cream of Rice
- Cream of Wheat
- Cream of Wheat Whole Grain
- Essential Everyday Grits Original
- Malt-O Meal Original

**Dried Beans/Peas/Lentils**
- Peanut Butter
- White Eggs

**100% Juice**
- Plastic Bottles (64 oz):
  - Apple
  - Pineapple
  - Grape
  - Mixed Fruit
  - Orange

**Milk**
- Nonfat
- 1%
- Whole (for children 12–23 months)

*When printed on the WIC check:*
- Lactose Free
- Dry
- Evaporated

**Whole Grain Choices**
- Brown Rice
- Bulgur
- Oatmeal
- Soft Tortillas (Corn or Wheat)
- Whole Wheat Pasta
- 100% Whole Wheat Bread
- 100% Whole Wheat Hamburger Buns
- 100% Whole Wheat Hot Dog Buns

**Fresh or Frozen Fruits**

**Fresh or Frozen Vegetables**

*When printed on the WIC check:*
- Canned Beans
- Soy Beverage
- Cheese
- Tofu
- Goat Milk
- Yogurt

**GROCERY LIST**

**Find WIC foods while shopping. Use your smartphone to search for WA WIC Foods.**

To learn more see the current WIC Shopping Guide or visit: [www.doh.wa.gov/WICfoods](http://www.doh.wa.gov/WICfoods).

See the WIC Shopping Guide for foods allowed by WIC.