

# Minnesota WIC Allowed Cereals 2018-2020


<http://www.health.state.mn.us/divs/fh/wic/vendor/fpchnng/shopguide.pdf>


## Cereals


• WIC-allowed brands only


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


Cold Cereal


  
**Cheerios**  
 GF W


  
**Multi Grain Cheerios**  
 GF W


  
**Kix Honey**  
 W


  
**Kix**  
 W


  
**Kix Berry Berry**  
 W


  
**Total Whole Grain**  
 FA W


  
**Wheaties**  
 W


  
**Wheat Chex**  
 FA 5+


  
**Corn Chex**  
 GF


  
**Rice Chex**  
 GF


  
**Grape-Nuts**  
 5+


  
**Honey Bunches of Oats Whole Grain Honey Crunch**  
 W


  
**Honey Bunches of Oats Whole Grain Vanilla Bunches**  
 W


  
**Honey Bunches of Oats With Almonds**


  
**Honey Bunches of Oats Cinnamon Bunches**


  
**Honey Bunches of Oats Honey Roasted**  
 5+


  
**Great Grains Banana Nut Crunch**  
 5+


  
**Frosted Mini Wheats Original**  
 5+


  
**Frosted Mini Wheats Little Bites**  
 5+


  
**Corn Flakes**


  
**Crispix**


  
**Rice Krispies**


  
**Spedal K**  
 FA


  
**Oatmeal Squares Brown Sugar**  
 FA 5+


  
**Oatmeal Squares Cinnamon**  
 FA 5+

  
**Life**  
 FA W

  
**Mini Spooners Plain Frosted**  
 FA 5+

  
**Mini Spooners Strawberry Cream**  
 FA 5+

  
**Mini Spooners Blueberry**  
 FA 5+

  
**Crispy Rice Malt-O-Meal Only**  
 FA

Hot Cereal

  
**COCO Wheats**  
 FA

  
**Quaker Oatmeal Original**  
 Individual Packets  
 W

  
**Quaker Instant Grits Original**  
 Individual Packets  
 Original Flavor  
 W

  
**Malt-O-Meal Original**  
 FA

  
**Malt-O-Meal Chocolate**  
 FA

  
**Cream of Wheat Whole Grain**  
 W

  
**Cream of Wheat Original**

  
**Cream of Rice**  
 GF

Store Brand Cereal

  
**Instant Oatmeal**  
 11.8 oz Individual Packets  
 Regular Flavor  
 W

  
**Bran Flakes**  
 5+

  
**Toasted Oats or Tasteos**  
 W

**WIC-Allowed Store Brand:**  
 Bran Flakes, Toasted Oats, Tasteos & Instant Oatmeal include:

■ Always Save	■ HyTop
■ Best Choice	■ Hy-Vee
■ Clear Value	■ IGA
■ Essential Everyday	■ Market Pantry
■ Fareway	■ Our Family
■ Food Club	■ Ralston
■ Great Value	■ Shurfine
■ Hospitality	■ Valu Time

## Oats Whole Grain Item

• WIC-allowed brands pictured below

  
**Mom's Best Quick Old Fashioned Oats**

  
**Best Choice Quick Old Fashioned Oats**

# Minnesota WIC Whole Grains 2018-2020

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## Tortillas Whole Grain Item

• WIC-allowed brands pictured below

**Whole Wheat**

				
<b>Azteca</b> Whole Grain	<b>Best Choice</b> Whole Wheat	<b>Chi-Chi's</b> Whole Wheat Fajita Style	<b>Don Pancho</b> Whole Wheat	<b>Essential Everyday</b> Whole Wheat
				
<b>Food Club</b> Whole Wheat	<b>Frescodos</b> Whole Wheat	<b>Great Value</b> Whole Wheat	<b>Hy-Vee</b> Whole Wheat	<b>IGA</b> Whole Wheat
				
<b>La Banderita</b> Whole Wheat	<b>Market Pantry</b> Whole Wheat	<b>Mission</b> Whole Wheat	<b>Ortega</b> Whole Wheat	<b>Our Family</b> Whole Wheat

**Corn**

				
<b>Best Choice</b> Corn	<b>Chi-Chi's</b> White Corn	<b>Don Pancho</b> White Corn	<b>Essential Everyday</b> Corn	<b>Food Club</b> White Corn
				
<b>Hy-Vee</b> White Corn	<b>IGA</b> White Corn	<b>La Banderita</b> Corn	<b>La Burrita</b> Corn	<b>La Perla</b> Corn
				
<b>Los Maizales</b> Corn	<b>Mission</b> Extra Thin Yellow Corn	<b>Our Family</b> Yellow Corn White Corn		

## Brown Rice Whole Grain Item



• Any brand