

Missouri WIC Approved Cereals

Approved Sizes

- Approved Sizes: 12 oz. to 36 oz. sizes in bag or box of approved brands and varieties.
- Mix and matched types and sizes, up to the total ounces listed on the check.
- Buy approved brands and sizes, including cold and/or hot cereals.

Cold Cereals

WIC cereals help you get the vitamins and minerals you need. Whole grain is the best way to start your day.

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Cold Cereals

Cereals make great snacks! Offer a variety of cereals and encourage your child to create his or her snack.

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Cold Cereals

Whole Grain Cereal

Read the nutrition facts on the cereal box.

Buy any combination of approved cereals up to the ounces listed on your WIC check.

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Hot Cereals

Instant Oatmeal
11.8 - 12 oz (12 packets/box)
Whole Grain

Hot Wheat Cereal

Go Whole Grain

1. Choose whole grain cereal for your family! It will help your children meet their fiber needs.
2. Whole grains help supply the energy your children need.
3. Try dried or fresh berries, bananas or peaches with cereal.
4. Give your children cereal options and let them make a choice.
5. Mix different whole grain cereals in a bowl and enjoy with milk.

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