WHOLE GRAINS

Bread, Donuts, Essential Everyday Full-Cycle, Quaker Homestyle, etc. (all varieties except cinnamon raisin)

BREAD

100% Whole Wheat

RICE

Brown, Wild, Long Grain, Medium Grain, White, Rice A la Carte, etc.

RICE

OATMEAL

Any brand or type

RESOURCES

For more information on whole grains, please visit the United States Department of Agriculture’s website at: www.choosemyplate.gov

WholeGrains.png

WHOLE GRAINS

Any of the items listed below can be purchased when the shopping list or balance receipt is printed.

BREAD

100% Whole Wheat

Whole Grain

OATMEAL

Whole Grain

TUNA FISH

Pink Salmon

TUNA FISH

PICKLED (sauerkraut), creamed vegetables (including corn), FROZEN VEGETABLES

Any brand and size

FRUITS & VEGETABLES

Any size jar or container

CANNED VEGETABLES

Any plain vegetable, any vegetable mixture

CANNED FRUITS

Any plain fruit, any fruit mixture

Any brand

FRUITS & VEGETABLES

Any brand

PINK SALMON

Any size and type

PICKLED (sauerkraut), creamed vegetables (including corn), FROZEN VEGETABLES

Any size jar or container

CANNED VEGETABLES

Any brand and size

FRUITS & VEGETABLES

Any size jar or container

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Any brand

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Any size and type

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Any size and type

PICKLED (sauerkraut), creamed vegetables (including corn), FROZEN VEGETABLES

Any size jar or container

CANNED VEGETABLES

Any brand

FRUITS & VEGETABLES

Any size jar or container

CANNED VEGETABLES

Any brand

CANNED FRUITS

Any size and type
**CEREALS**

<table>
<thead>
<tr>
<th>National Brands</th>
<th>WIC Approved</th>
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<td>Access WIC Recipes</td>
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**National Brands**

- **Cereal (plain, Multi-Grain)**
  - Great Great (Cheerios, Cereal, Rice, Vanilla, Wheat)
  - Does Not Explode
  - Post Almond Chex (Almond, Berry, Honey, Berry)
  - Total
  - Wheaties (plain only)

- **Complete All-Bran Wheat Flakes**
  - Cereal Flakes (plain only)
  - Biscuits
  - Frosted Mini Wheats (original, and leg and little bits, touch of Fresh in the Middle, Fruity, Raspberry)
  - Miss Wheaties (bits size)
  - Ringlets
  - Special K - original

- **Great Grains**
  - Nature's Best Crunch
  - Bran Flakes
  - Bran Malt, bran Nut Flakes
  - Honey Bunches of Oats (Almond, Almond Crunch, Cinnamon Toast Crunch, Honey Crunch, Honey Toasted, Vanilla Bonbons)

- **Lil' (plain)**
  - Honeynut Squares (Helit Brown Sugar, Hat of Cinnamon)
  - Frosted Mini Spoons
  - Honey Cream Mini Spoons

- **Sorrell's**
  - Don't Recall

**Hot Cereal – NO service packets**

- Cream of Rice
- Cream of Wheat (1 minute, 2 minutes, 10 minute)
- Cream of Wheat White Grain (1 minute)
- Farina
- Maple, Brown, Instant, Variety Style
- Quaker Instant Oats (original flavor)

**Bottled Juice – 100% fruit juice only**

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**JUICES**

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<tr>
<td><strong>NATIONAL BRANDS</strong></td>
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</tr>
<tr>
<td>Apple</td>
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<tr>
<td>Orange</td>
<td>Any brand</td>
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<tr>
<td>Pineapple</td>
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<tr>
<td>Grapefruit</td>
<td>Any brand</td>
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<tr>
<td>Tomatoes</td>
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**TOMATO/VEGETABLE JUICE**

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**FROZEN JUICE**

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