

Iowa WIC Program Approved Foods as of October 1, 2019

FOOD CATEGORY	APPROVED BRANDS OR VARIETIES	
<p>CEREAL</p> <p>Cereal is brand and flavor specific</p> <p>Any combination of approved cereals up to the total ounces specified</p> <p>Minimum package size for national brands and store brands is 12 ounces.</p> <p>NO added fruit, yogurt or nuts</p> <p>+ Gluten free * Whole grain cereals</p>	<p>• Ready to Eat Cereal: 12 oz. or larger</p>	
	<p>General Mills: Cheerios – only Plain* and Multi-Grain*; Chex – only Corn+, Rice+, Wheat*; Vanilla+, Blueberry*+ Cinnamon+; Kix – only Plain*, Berry Berry* and Honey*; Wheaties*; Total*; Fiber One Honey Clusters*</p>	<p>Hot Cereal: Plain and Whole Grain*; includes 1 minute, 2 ½ minutes, and 10 minutes Cream of Rice+ Malt-O-Meal Chocolate Malt-O-Meal Original</p>
	<p>Kelloggs: All Bran*; Corn Flakes; Crispix; Frosted or Unfrosted Mini Wheats – only Plain*, Touch of Fruit* and Bite Size*; Protein- only Ancient Grains*, Honey Almond Ancient Grains*, Original Touch of Cinnamon*; Rice Krispies; Special K – Plain only</p>	<p>Malt-O-Meal: Corn Flakes; Crispy Rice; Frosted Mini-Spooners – Plain only*; Oat Blenders– only Honey and Honey & Almonds</p>
	<p>Post: Alpha Bits*; Bran Flakes*; Grape-Nuts– only Original* and Flakes*; Great Grains*- Only Banana Nut Crunch; Honey Bunches of Oats (Almonds, Cinnamon Bunches, Honey Roasted, Pecan & Maple Brown Sugar, Whole Grain Honey Crunch*, Whole Grain with Vanilla Bunches*)</p>	<p>Quaker: Life – only Plain*; Oatmeal Squares* (Brown Sugar, Cinnamon, Golden Maple, Honey Nut)</p>
	<p><i>Continued, next page</i></p>	