

NEW WIC FOODS

The foods listed below are now approved by the Mississippi WIC Program

BREAD

Pepperidge Farm 100% Whole Wheat Light Style Bread, 16 oz

Pepperidge Farm 100% Whole Wheat Very Thin Bread, 16 oz

Pepperidge Farm Soft Wheat Light Style Bread, 16 oz



YOGURT

Lala Low Fat Yogurt Strawberry, 32 oz

Lala Low Fat Yogurt Mango, 32 oz

Lala Low Fat Yogurt Vanilla, 32 oz



CEREAL

Choose 11 oz to 36 oz boxes or bags only, any combination that does not go over 36 oz.

Whole Grain Options *

Quaker

Oatmeal Squares, Brown Sugar *

Oatmeal Squares, Honey Nut *

Life, Multigrain Vanilla *

Mighty Life, Very Vanilla *

NEW WIC FOODS (continued)

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CEREAL (continued)

Kellogg's

Special K, Original
Special K Protein, Original with Cinnamon *
Frosted Mini Wheats, Original *
Frosted Mini Wheats, Little Bites *
Frosted Mini Wheats Bite Size, Strawberry *
Frosted Mini Wheats, Blueberry Muffin *
Frosted Mini Wheats, Cocoa *
Frosted Mini Wheats, Pumpkin Spice *
Frosted Mini Wheats, Cinnamon Roll *

Complete Bran *
Kashi Cocoa Clusters *
Kashi Blueberry Clusters *
Kashi Hearts and O's, Honey Toasted *
Kashi Hearts and O's, Warm Cinnamon *
Crispix Original
Corn Flakes
Rice Krispies

General Mills

Cheerios *
Multi-Grain Cheerios *
Cheerios Veggie Blends – Apple Strawberry *
Cheerios Veggie Blends – Blueberry Banana *
Kix Original *
Kix Honey *
Kix Berry Berry

Total *
Wheaties *
Bluey *
Chex, Corn
Chex, Rice

Post

Great Grains, Banana Nut Crunch *
Great Grains, Crunchy Pecan *
Grape Nuts, Original *
Grape Nuts, Flakes *

Honey Bunches of Oats, Vanilla Bunches
Honey Bunches of Oats, Honey Roasted
Honey Bunches of Oats, with Almonds

Malt-O-Meal

Mini Spooners *

Mini Spooners, Strawberry *

Grain Berry

Multi Bran Flakes *
Cinnamon Frosted Shredded Wheat *

Original Toasted Oats *
Apple Cinnamon Toasted Oats *