



**WIC...**

**Healthy Habits,  
Healthy Families**

## **Whole-grain Cereals**

**Whole-grain cereals are good sources of fiber, B vitamins and folate. Enjoy whole-grain cereals at breakfast, for snacks or as a healthy ingredient in meatloaf recipes.**

### **Buying whole-grain cereals...**

- Look for cereals with one of these listed as the first ingredient:
  - Whole wheat
  - Whole barley
  - Whole oats
  - Whole cornmeal
  - Cracked wheat
  - Brown rice
- Almost all WIC cereals are whole-grain cereals.

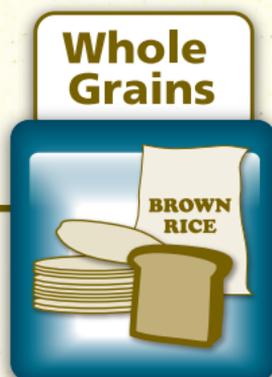
### **Storing whole-grain cereals...**

- Store whole-grain cereals in tightly covered containers or sealed plastic bags.
- Cereals should stay fresh for 5 months in the refrigerator. They will stay fresh for 1 month at room temperature.

### **Enjoying whole-grain cereal...**

- Add fresh or thawed frozen fruit to whole-grain cereal. You will get the sweet taste without the extra sugar.

**Eat more whole grains.  
Increase fiber.**



# Crunchy Snack Mix for Kids

This recipe uses WIC cereals. It is a great way to use up uneaten, small portions of cereals and snack foods.

It is a healthy, enjoyable snack for children of all ages. It's easy and fun to make. Children can put it together themselves.

## Ingredients...

- Any whole-grain WIC cereal such as Honey Kix<sup>®</sup>, Cheerios<sup>®</sup> or Frosted Mini-Wheats<sup>®</sup>
- Raisins
- Teddy Grahams<sup>®</sup>
- Cheese Nips
- Goldfish<sup>®</sup>
- Unsalted peanuts
- Fruit snack bits
- Bite-size pretzels
- Dried apple or banana chips
- Bite-size chocolate candies
- Cheez-Its<sup>®</sup>
- Ritz Bits<sup>®</sup>
- Animal crackers

## Directions...

1. Start with a large container with a tight cover for storage.
2. Mix together desired amounts of any of the ingredients listed above.

## Family Goals

- My family and I will try a new whole-grain cereal.
- My family and I will try a whole-grain cereal recipe.
- My family and I will try whole-grain cereal with fruit.
- My family and I will try whole-grain cereal in a snack mix.
- Other \_\_\_\_\_



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