

Whole Grain Foods on My WIC Check

Your current WIC check may include some of these whole grain foods:

- Oatmeal
- Whole grain cereals
 - Frosted Shredded Wheat – all brands
 - Cheerios and other brands such as Happy O's, Toasted Oat, Tostitos, etc.
 - Wheat Chex and other brands such as Wheat Crisps, Toasted Wheat, Wheat Squares, etc.
 - Quaker Oatmeal Squares
 - Quaker Life

Coming in August, 2009, changes will be made to the WIC food list. Some of the new whole grain foods you may have on your WIC check beginning in August, 2009 will be:

- Whole wheat bread and buns and rolls
- Brown rice
- Soft corn tortillas
- Whole wheat tortillas
- Most of the whole grain foods listed above, such as oatmeal and cereal, will also continue to be available.

