



# Ohio WIC Program Authorized Foods List

## CEREALS & WHOLE GRAINS ONLY

Effective 04/01/2019 – 09/30/2019 ~ v1.8 ~ Last Update 02/11/2019

*ALL WIC-approved cereals meet the NEW CACFP Meal Pattern sugar requirements. Many grocery stores post WIC shelf labels*

### **Cereal (Cold): Bolded** items represent whole grain cereals:

- **Best Choice: Bite Sized Frosted Shredded Wheat, Enriched Bran Flakes**, Corn Crisps, Crisp Rice, Rice Crisps, **Happy O's**, Honey Oat Clusters, Honey Oat Clusters with Almonds, Right Choice, Wheat Crisps
- **Essential Everyday: Bran Flakes**, Corn Flakes, Crunchy Rice Squares, Honey Oats and Flakes with Almonds, Honey Oats and Flakes, **Frosted Bite Size Shredded Wheat**, Crunchy Corn Squares, Crispy Rice, Oats and More with Almonds, Oats and More with Honey
- **Fiber One:** Honey Clusters
- **Food Club/Best Yet: Bite Size Frosted Shredded Wheat**, Corn Squares, Rice Squares, Crisp Rice, **Toasted Oats**, Essential Choice Oat, Corn Flakes, Honey & Oat Flakes, **Enriched Bran Flakes**
- **General Mills:** Blueberry Chex, **Cheerios**, Corn Chex, Kix, **Multi-Grain Cheerios**, Rice Chex, **Total Whole Grain**, Vanilla Chex, **Wheat Chex, Wheaties**
- **Giant Eagle: Bran Flakes**, Corn Flakes, **Frosted Bite Size Shredded Wheat**, Honey Oat Medley, **Toasted Oats**
- **Great Value: Bran Flakes**, Corn Flakes, Crisp Rice, Crunchy Honey Oats, **Crunchy Oat Squares, Frosted Shredded Wheat**, Toasted Corn, **Toasted Whole Grain Oat**, Toasted Rice, Toasted Wheat
- **IGA: Bite Size Frosted Shredded Wheat**, Corn Flakes, Crispy Rice, **Enriched Bran Flakes, Nutty Nuggets**, Square Shaped Corn, Square Shaped Rice, **Tasteos, Toasted Oats**
- **Kellogg's: All Bran Complete Wheat Flakes**, Corn Flakes, **Frosted Mini-Wheats (Bite Size)**, Rice Krispies, Rice Krispies Gluten Free, Special K
- **Kroger: Bite Size Frosted Shredded Wheat**, Corn Bitz, Honey Crisp Medley, Honey Crisp Medley with Almonds, **Living Well**, Rice Bitz, **Toasted Oats**
- **Malt-O-Meal:** Crispy Rice, **Frosted Mini Spooners**, Honey & Oat Blenders, Honey & Oat Blenders with Almonds
- **Meijer: Bite Size Frosted Shredded Wheat**, Corn Flakes, Corn Squares, Crisp Rice, **Enriched Bran Flakes**, Rice Squares, **Toasted Oats, Wheat Squares**
- **Mornin Gem/Kiggins:** Crispy Rice
- **Natures Crunch/Kiggins:** Bran Flakes, Bite Size Frosted Shredded Wheat
- **Our Family:** Wheat Biscuits, Corn Biscuits, Rice Biscuits, High Fiber Bran Flakes, Corn Flakes, Frosted Bite Size Shredded Wheat, Toasted Rice Flakes, Crispy Rice, Oats and More with Almonds, Oats and More with Honey, Toasted Oats
- **Post: Banana Nut Crunch, Bran Flakes**, Honey Bunches of Oats with Almonds, Honey Bunches of Oats Honey Roasted
- **Quaker: Life, Oatmeal Squares**, Oatmeal Squares Brown Sugar, Oatmeal Squares Cinnamon
- **Ralston:** Corn Biscuits, Corn Flakes, Crispy Rice, **Enriched Wheat Bran Flakes, Oat Wise**, Rice Biscuits, **Tasteos**
- **Shop n' Save:** Crispy Rice, Corn Flakes, Crunchy Corn Squares, Crunchy Rice Squares, **Bran Flakes, Frosted Bite Size Shredded Wheat**, Oats and More with Almonds, Oats and More with Honey
- **Shurfine:** Crisp Rice, **Toasted Oats**, Honey Oats & Flakes, **Enriched Bran Flakes**, Corn Flakes, Crunchy Rice, Crunchy Corn, **Frosted Shredded Wheat Bite Size**, Wheat Squares
- **Sunbelt Bakery: Simple Granola**

## Cereal (Hot):

**B & G Foods:** Cream of Wheat – 18 oz. or 28 oz. size only

**Farina Mills:** Creamy Hot Wheat Original – 18 oz. or 28 oz. size only

**Malt-O-Meal:** Original Hot Wheat – 18 oz., 28 oz. or 36 oz. size only

## Whole Grains

*ALL WIC-approved WHOLE GRAIN products meet the NEW CACFP Meal Pattern whole grain rich requirements.  
Many grocery stores post WIC shelf labels*

## Bread 16 oz only

- **Aunt Millie's:** Healthy Goodness Whole Grain White; Healthy Goodness 100% Whole Wheat
- **Best Choice:** 100% Whole Wheat
- **Best Yet:** 100% Whole Wheat
- **Bimbo:** 100% Whole Wheat
- **Bunny:** 100% Whole Wheat
- **Essential Everyday:** 100% Whole Wheat
- **Food Lion:** 100% Whole Wheat
- **Hannaford:** 100% Whole Wheat
- **Healthy Life:** Sugar Free 100% Whole Grain Wheat; 100% Whole Grain Whole Wheat
- **Holsum:** 100% Whole Wheat
- **Kroger:** 100% Whole Wheat Round Top
- **Lewis Bakeries:** 100% Whole Wheat
- **Meijer:** 100% Whole Wheat; Whole Grain White
- **My Essentials:** 100% Whole Wheat
- **Nature's Own:** 100% Whole Grain Sugar Free, 100% Whole Wheat with Honey
- **Nickels:** Country Style 100% Whole Wheat
- **Our Family:** 100% Whole Wheat
- **Ozark Hearth:** 100% Whole Wheat
- **Pepperidge Farm:** Jewish Rye Whole Grain Rye Seeded; Stone Ground 100% Whole Wheat; Very Thin Sliced 100% Whole Wheat
- **Roman Meal:** Sungrain 100% Whole Wheat
- **Sara Lee:** Classic 100% Whole Wheat
- **Schwebel's:** Roman Meal Sungrain 100% Whole Wheat; 100% Whole Wheat
- **Shurfresh:** 100% Whole Wheat
- **Spartan:** 100% Whole Wheat
- **Sunbeam:** 100% Whole Wheat
- **Weight Watchers:** 100% Whole Wheat
- **Wonder:** 100% Whole Wheat

## Buns 16 oz. Size Only

- **Brown Berry:** 100% Whole Wheat Hot Dog Rolls
- **Healthy Life:** 100% Whole Wheat Sandwich Buns

**Oatmeal:** 16 oz. Size Only; Plain; Any Brand

**Brown Rice:** 16 oz. Size Only; Plain; Any Brand

**Tortillas:** 16 oz. Size Only

- **Best Choice:** Corn; 100% Whole Wheat
- **Celia's:** White Corn, Yellow Corn; Whole Wheat Flour
- **Chi Chi's:** White Corn Soft Taco Style; Whole Wheat Fajita Style
- **Don Pancho:** White Corn; Whole Wheat
- **Essential Everyday:** Soft White Corn; Whole Wheat Tortilla
- **Food Club:** Soft Taco Size Whole Wheat
- **Giant Eagle:** Whole Wheat
- **Hannaford:** Whole Wheat
- **IGA:** 6 Inch White Corn
- **Kroger:** Whole Wheat
- **La Banderita:** Corn; Fajita Whole Wheat
- **La Burrita:** Corn
- **Meijer:** Corn; White Corn; Whole Wheat
- **Mi Casa:** 100% Whole Wheat
- **Mission:** White Corn; Whole Wheat; Yellow Corn Extra Thin
- **My Essentials:** Whole Wheat
- **Ortega:** Whole Wheat
- **Pepito:** Corn; Soft Taco Size Whole Wheat Flour
- **Shurfine:** Corn; Hand Made Whole Wheat Fajita Style
- **Shurfresh:** Whole Wheat Authentic Fajita Style
- **Tam-X-ico's:** Yellow Corn

**Whole Wheat Pasta:** 16oz. container only

- **America's Choice:** Whole Wheat Spaghetti
- **Barilla:** Whole Grain Rotini; Whole Grain Medium Shells; Whole Grain Penne; Whole Grain Elbows; Whole Grain Thin Spaghetti; Whole Grain Linguine; Whole Grain Angel Hair; Whole Grain Spaghetti
- **Essential Everyday:** Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti; Whole Wheat Macaroni; Whole Wheat Penne; Whole Wheat Rotini; 100% Whole Wheat Elbow Macaroni; 100% Whole Wheat Rotini; 100% Whole Wheat Penne Rigate; 100% Whole Wheat Thin Spaghetti; 100% Whole Wheat Vermicelli
- **Giant Eagle:** 100% Whole Wheat Spaghetti; 100% Whole Wheat Elbow Macaroni; 100% Whole Wheat Penne Rigate; 100% Whole Wheat Rotini
- **Great Value:** Whole Wheat Elbows; Whole Wheat Linguine; Whole Wheat Penne; Whole Wheat Rotini; Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti
- **Kroger:** Whole Wheat Penne Rigate; Whole Wheat Rotini-Tight; Whole Wheat Thin Spaghetti; 100% Whole Grain Thin Spaghetti

**Whole Wheat Pasta, continued:** 16oz. container only

- **Meijer:** Select Pasta Spaghetti Whole Wheat; Select Pasta Capellini Whole Wheat; Select Pasta Penne Rigate Whole Wheat; Select Pasta Rotini Whole Wheat
- **Our Family:** Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti; Whole Wheat Penne Rigate; Whole Wheat Rotini
- **Racconto Italian Foods:** Whole Wheat Capellini, Whole Wheat Elbows, Whole Wheat Farfalle, Whole Wheat Linguine, Whole Wheat Penne Rigate, Whole Wheat Rigatoni, Whole Wheat Rotini, Whole Wheat Spaghetti
- **Ronzoni Healthy:** Harvest 100% Whole Grain Penne Rigate; 100% Whole Grain Spaghetti; 100% Whole Grain Thin Spaghetti; 100% Whole Grain Rotini; 100% Whole Grain Linguine
- **Spartan:** Whole Wheat Spaghetti; Whole Wheat Thin Spaghetti; Whole Wheat Penne Rigate; Whole Wheat Rotini
- **True Goodness:** Capellini Whole Wheat; Spaghetti Whole Wheat