## Breakfast Cereal

- **Instant Milks**
  - Kipling
  - Maple Syrup
  - Milk
  - Milk with Sugar
  - Milk with Honey
  - Milk with Fruit
  - Milk with Guava

- **Instant Flavours**
  - Buttermilk
  - Cinnamon
  - Chocolate
  - French Vanilla
  - French Vanilla with Cinnamon
  - French Vanilla with Honey
  - French Vanilla with Nutmeg
  - French Vanilla with Pecans
  - French Vanilla with Raisins

- **Hot Cereals**
  - Rice-A-Roni
  - Oatmeal with Milk
  - Oatmeal with Honey

- **Frozen Cereals**
  - Rice Krispies
  - Cocoa Kix
  - Cocoa Pebbles
  - Cocoa Pebbles with Rice Krispies

- **Shake and Bake Cereals**
  - Honey Nut Cheerios
  - Honey Nut Cheerios with Rice Krispies

- **Flax Cereals**
  - Flax Cereal
  - Flax Cereal with Honey

- **Hot Cereals**
  - Rice-A-Roni
  - Oatmeal with Milk
  - Oatmeal with Honey

- **Frozen Cereals**
  - Rice Krispies
  - Cocoa Kix
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  - Honey Nut Cheerios with Rice Krispies

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  - Flax Cereal
  - Flax Cereal with Honey


## Infant Foods

### Infant Cereal

- **Infant Cereal**

**Infant Fruits and Vegetables**

- **Vegetable combinations**
  - Carrots
  - Cauliflower
  - Green Beans
  - Sweet Potatoes
  - Zucchini

**Infant Meals**

- **Infant Meal**

**Beans**

- **Beans**

**Canned Beans**

- **Canned Beans**

**Dry Beans, Peas, and Lentils**

- **Dry Beans, Peas, and Lentils**

**Peanut Butter**

- **Peanut Butter**

**Canned Fish**

- **Canned Fish**

## When Using WIC Vouchers

- **Valid products**
  - Must be a valid product and meet the requirements of the WIC program.

- **Product limits**
  - Only one product per household per day, per person, per day.

- **In the WIC program**
  - Must have a valid WIC card.

- **WIC program requirements**
  - Must be a member of the WIC program.

## Remember

- **Store and warehouse practices**
  - Never store or transport WIC foods in the same area as other foods.

- **Selling, swapping, or re-selling WIC foods is not permitted.**

- **WIC foods must be kept separate from other foods.**

- **WIC foods must be returned to the store if not used.**

- **WIC foods must be kept cold.**

- **WIC foods must be kept away from children.**

- **WIC foods must be kept away from pets.**

**Treat WIC vouchers like cash — They may not be replaced if lost or stolen.**