

36 MIX

*Find out how far 36 oz.
of cereal can go*



36
OZ.



Other
WIC Foods



Meals & Snacks
All Month Long

— In the —>

**BOWL
& BEYOND**

healthybeginnings.com

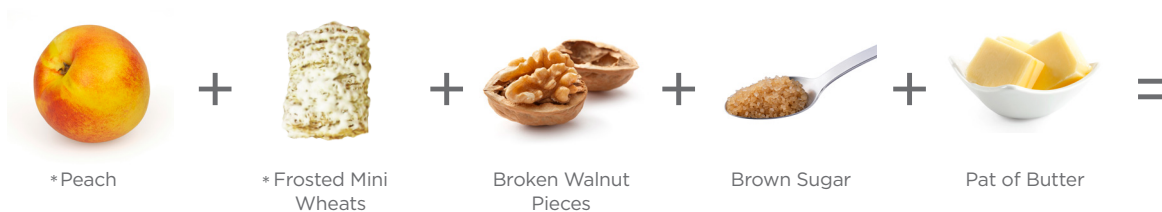
MIX IT UP WITH FROSTED MINI WHEATS®

Cereal is the foundation of a great tasting breakfast and can be a great way to add nutrition, flavor and texture to any meal or snack. So get the most out of every ounce of goodness and “get cooking” with **Frosted Mini Wheats®**!

— In the —>
**BOWL
& BEYOND**

healthybeginnings.com

The crisp and juicy delight is what summer is all about



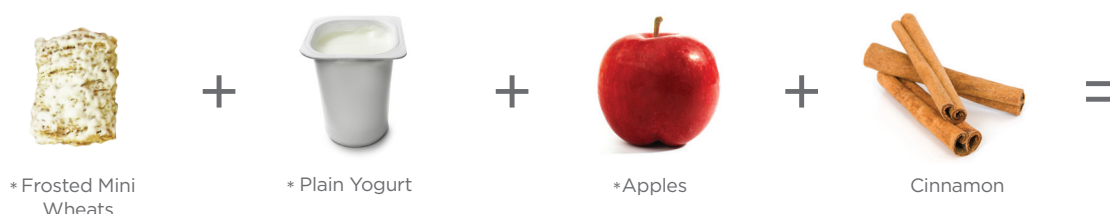
Enjoy your favorite fruit mix in a delicious edible cup



This guilt-free treat will warm you up on a chilly evening



The tastes of fall make this a treat breakfast, snack, or dessert



* Provided in most women or children WIC food packages, check with your local agency to find out what is available.