36 MIX

Find out how far 36 oz. of cereal can go





36 oz.





Other WIC Foods



Meals & Snacks All Month Long



MIXIT UP WITH FROSTED MINI WHEATS

BOWL & BEYOND

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*®!

healthybeginnings.com

The crisp and juicy delight is what summer is all about



+



* Frosted Mini Wheats



Broken Walnut Pieces



Brown Sugar



Pat of Butter



Enjoy your favorite fruit mix in a delicious edible cup



* Frosted Mini Wheats



* Egg



Pat of Butter



* Plain Yogurt



* Fruit



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



* Apple



* Frosted Mini Wheats



Raisins



Cinnamon



*Apple Juice



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



* Frosted Mini Wheats



* Plain Yogurt



*Apples



Cinnamon



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