

# 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](http://healthybeginnings.com)

# MIX IT UP WITH RICE FLAKES

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 *Rice Flakes*!

— In the —→  
**BOWL  
& BEYOND**

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## *Add a juicy texture to meatballs*



## *Make flavorful low cost croutons*



## *Create a light sweet treat using seasonal fruit*



## *Enjoy the warm sweet taste of a curried treat*



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