

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

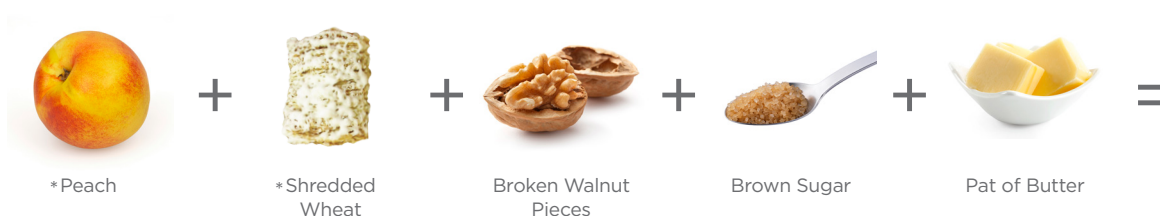
MIX IT UP WITH SHREDDED WHEAT

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 *Shredded Wheat*!

— In the —→
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The crisp and juicy delight is what summer is all about



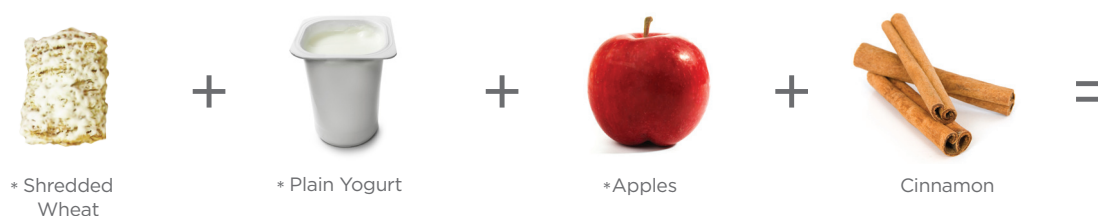
Enjoy your favorite fruit mix in a delicious edible cup



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.