

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 SPECIAL K®

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 **Special K®**!

— In the —→
**BOWL
& BEYOND**

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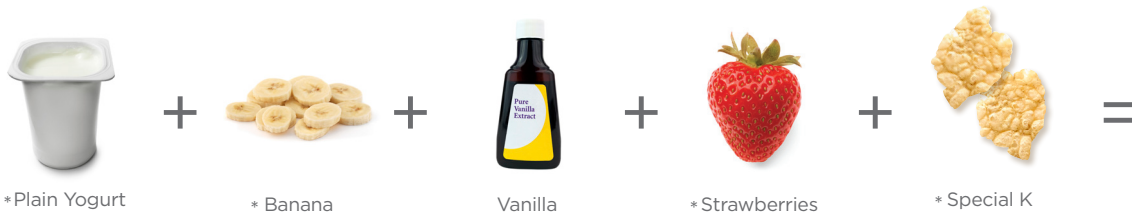
Add a juicy texture to meatballs



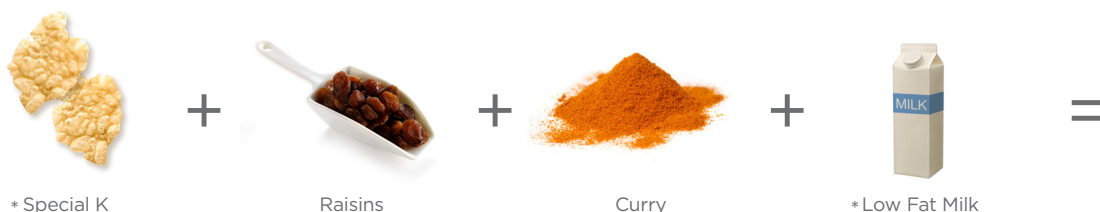
Make flavorful low cost croutons



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.