

Serve Cereal the CACFP Way

Always check the list or the label.

Don't just buy cereals that look healthy.

- Check the list of acceptable cereals (released with State Agency Memo CACFP #18-09, "Creditable Food Item—Sugary Cereal"), or look on the Nutrition Facts label for a sugar content of 6 or less grams per ounce.
- The package may say "organic" or "good source of fiber," but the cereal may still have more than 6 grams of sugar per ounce.



Stay consistent with WIC.

OSSE's CACFP cereal standard and list reflect the cereals in the WIC food package.

- Children who benefit from WIC eat these same healthy cereals at home.
- Reinforce the message that children should eat low-sugar cereals.



Think beyond the box.

You are not required to serve cereal as the bread or bread alternate at breakfast or any other meal. You can serve any whole grain or enriched grain item, such as:

- Toast ▪ Tortillas ▪ Grits ▪ Pancakes ▪ Waffles ▪ English muffins ▪ Oatmeal ▪

Watch out for sugar from other sources.

Many breakfast foods and condiments are loaded with sugar.

- Avoid items like donuts, Danish, cinnamon rolls, and coffee cake.
- Muffins can be as sugary as cupcakes, so check the label or recipe.



Choose whole grains.

When possible, serve whole grain bread, pasta, rice and other bread alternates.

- Whole grains have more nutrients and fiber than refined enriched grains.
 - For children over age 3, daily fiber needs are estimated as age + 5 to 10. For example, a 4 year old needs 9 to 14 grams of fiber per day.
- Just because the package says "wheat" doesn't mean it's whole grain.
 - Look for "100% whole wheat" on the label. Or, "whole wheat flour" or "whole grain" should be the first ingredient on the ingredient list.
- Try whole grains besides wheat, like barley, bulgur, quinoa and oats.

Acceptable Cereals

This is a partial List. Check the full list in Memo #18-09 for more options, or look for WIC-approved cereals at the store.



Kix



Product
19



Original
Cheerios



Multigrain
Cheerios



Whole
Grain Total



Corn
Flakes



Wheaties



Rice
Krispies



Corn
Chex



Wheat
Chex



Multigrain
Chex



Rice
Chex



All-Bran
Flakes



Grape
Nuts



Cream of
Wheat



Special
K

Breakfast Cereal

Choose These Brands

- 18 & 36 oz. packages only

Higher in Whole Grain

Gluten Free



Multi-Grain Cheerios
18 oz. & 36 oz.



Malt-O-Meal Original
18 oz. & 36 oz.



Instant Grits Original
18 oz.



Cheerios
18 oz. & 36 oz.



Dora Multi-Grain Cheerios
18 oz. & 36 oz.



All-Bran Complete Wheat Flakes
18 oz.



Kix
18 oz.



Corn Chex
18 oz.



Rice Chex
18 oz.



All-Bran Complete Wheat Flakes
18 oz.



Corn Flakes
18 oz. & 36 oz.



Frosted Mini-Wheats
18 oz. & 36 oz.



Rice Krispies
18 oz.



Special K Original
18 oz.



Grape-Nuts Flakes
18 oz.



Honey Bunches of Oats Honey Crunch
18 oz.



Honey Bunches of Oats Vanilla Bunches
18 oz.



Honey Bunches of Oats Almond Crunch
18 oz.



Honey Bunches of Oats with Almonds
18 oz. & 36 oz.



Honey Bunches of Oats Honey Roasted
18 oz. & 36 oz.



Life Original
18 oz.



Scooters
18 oz. & 36 oz. bag



Mini-Spooners Blueberry
18 oz. & 36 oz. box & bag



Mini-Spooners Frosted
18 oz. & 36 oz. box & bag



Mini-Spooners Strawberry Cream
18 oz. & 36 oz. box & bag



Crispy Rice
36 oz. bag



Oat Blenders with Honey
18 oz. box & bag & 36 oz. bag



Oat Blenders with Honey & Almonds
18 oz. box & bag & 36 oz. bag

BREAKFAST CEREAL