How to Use WIC Approved Foods

THIS QUARTER’S TOPIC: CEREAL

BENEFITS

- Cereal is a great source of whole grains.
- They are inexpensive to buy and can be a great addition to any breakfast or snack.
- The whole grains in the cereal are full of fiber which helps keep you fuller longer and may help keep your bowel movements regular.
- Approved cereals are fortified with vitamins and minerals to ensure a healthy intake of iron and folic acid.

Quarterly Shopping Tip: Buying Cereal

- Get up to 36 ounces of cereal per month. That means get 12 oz packages or larger. This can include cold cereal or hot cereal (oatmeal, grits, etc)

You can download the Wisconsin MyWIC app making shopping so much easier.
Simple Ways to Incorporate Cereal into Your Diet

- Mix up Breakfast: Can have cold cereal or make a hot cereal dish (oatmeal, grits, maltomeal, etc.).
- Add to Your Yogurt: To keep you fuller longer.
- Top Your Ice cream with cereal, to help boost your intake of whole grains.
- Add oatmeal to your smoothies for more sustenance.
- Make trail mix with your cereal. Add cereal with nuts and dried fruit for a healthy snack.

RECIPE IDEAS

Granola Bars
Yields 12-16 servings

- Ingredients
  - 2 cups rolled oats
  - 2 cups pretzels
  - 1/2 cup peanut halves (or any nuts)
  - 1 cup peanut butter
  - 1/2 cup honey
  - 1 tsp vanilla

Directions:
1. Toss oats, crushed pretzels, and salted nut halves in large bowl. Stir peanut butter, honey, and vanilla together in a separate bowl until smooth and creamy.
2. Pour the mixture over the dry ingredients in the other bowl. Stir until combined. Mix together.
3. Press bar mixture into a pan. Freeze for 30 minutes. Pull out of the pan and cut into bars. Store bars individually wrapped in the freezer for quick grab-and-go snacks.

Recipe from: https://pinchofyum.com/the-best-soft-granola-bars

Peanut Butter Banana Overnight Oats
Yields 1 serving

- Ingredients
  - 1/2 medium banana
  - 1/3 cup old fashioned oats
  - 1/3 cup water
  - 1/3 cup greek yogurt
  - 1 tbsp peanut butter

Directions
1. Place all ingredients into container and mix. Store overnight in the refrigerator. Enjoy in the morning!

Yogurt Parfait
Yields 1 serving

- Ingredients
  - 6 oz nonfat plain Greek yogurt
  - 1 tbsp honey
  - 1/2 cup frozen/fresh/canned fruit
  - 1/2 cup whole wheat cereal

Directions
1. Place yogurt in a dish, top with berries, cereal, and honey! Enjoy.