

# 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)

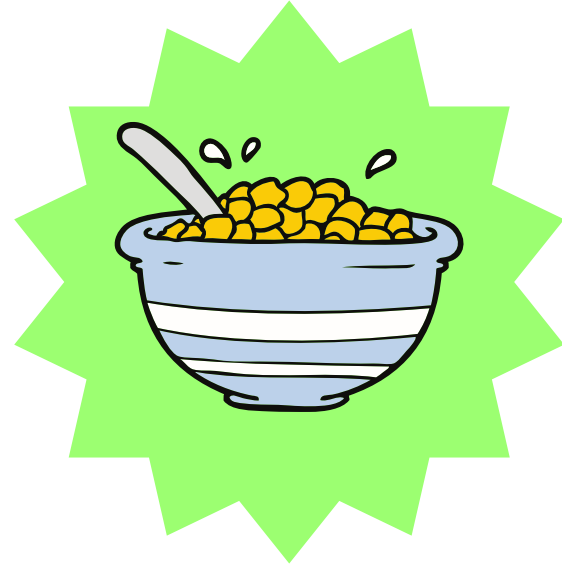


= 36 oz.

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, maltmeal, 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.

