Is oatmeal a cereal or whole grain?

It's both! When shopping with WIC, remember:

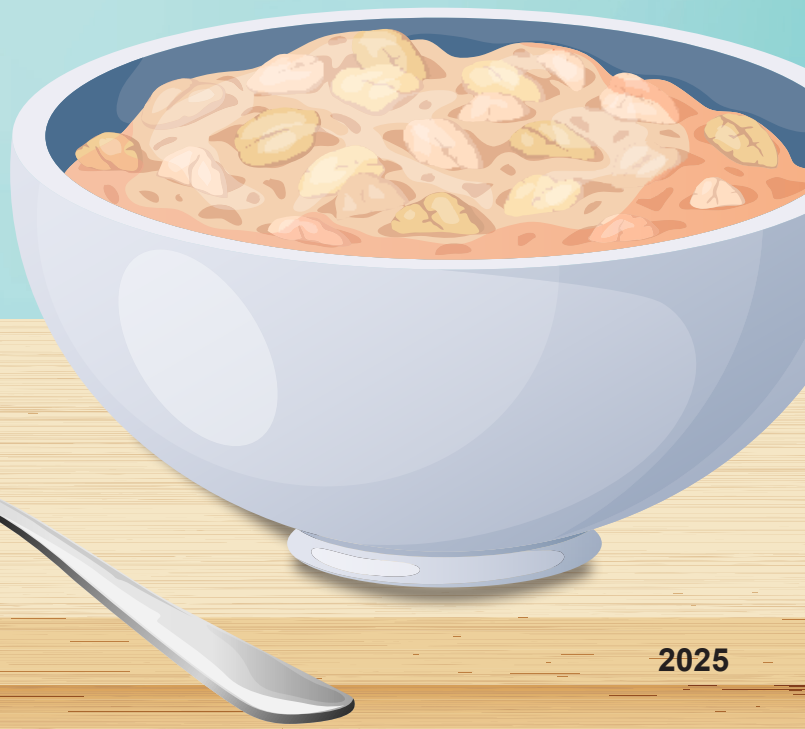
- Use your cereal benefits to buy instant oatmeal in single-serving packets.
- Use your whole grain benefits to buy other types of oats (box, bag or tub).

Do not buy:

- Organic
- Oats with added:
  - Sugar
  - Fat
  - Oil
  - Salt
  - Flavoring

Ok to buy:

- Quick
- Rolled
- Old-fashioned
- Steel cut



WIC WOMEN, INFANTS, & CHILDREN

2025