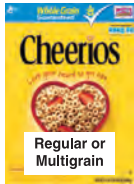


Cereals

**12 ounce packages or larger,
No individual serving boxes**

Store Brand Cereals: Corn Flakes, Corn Squares (or biscuits), Rice Squares (or biscuits), Toasted Oats or Toasteesos ✓

| | | |
|------------------|---------------|--------------|
| America's Choice | Hannaford | Shop N Save |
| Flavorite | Ralston Foods | Shop Rite |
| Food Club | Richfood | Shurfine |
| Giant | Safeway | Weis Quality |
| Great Value | | |



✓ Whole Grain Cereals, better for your health



How to get 36 ounces of cereal

$$12 \text{ oz.} + 12 \text{ oz.} + 12 \text{ oz.} = 36 \text{ oz.}$$

$$18 \text{ oz.} + 18 \text{ oz.} = 36 \text{ oz.}$$

$$12 \text{ oz.} + 24 \text{ oz.} = 36 \text{ oz.}$$

Exception: For children, you may buy Gerber infant cereal in an 8 ounce box or larger.

Not allowed: Any other brand or type of cereal, organic cereals



Nutrition Fact:

Choosing whole grain cereals will help you meet the goal of eating "half your daily grain servings as whole grain."