

Brought to you by **Cheerios** and **Koplat**

Eat Better

EARLY

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Whole Grains

Why they're important—
and how to get more

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Easy Recipes

Breakfasts
and snacks
kids love

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4
Great
Reasons
to
Eat
Cereal



Your Guide to
Finger Foods

Good Morning!

We know how crazy mornings can be when you're raising young kids. That's why at General Mills we're proud to offer convenient, affordable, nutritious, and (most important!) delicious cereals to help you start your day right—including many delicious "Big G" whole grain varieties. If you participate in the Women, Infants, and Children (WIC) program, we know you're also interested in learning more about nutrition and healthy foods to help you and your young kids eat better. Inside these pages, you'll find info on important nutrients and how to get them, the best finger foods for your little one, and fun recipes the whole family will love. Enjoy!

—Your friends at General Mills, maker of Cheerios™, Chex™, and KIX™ cereals

4 GREAT REASONS TO Eat Cereal



FACT:

Kids who participate in WIC* and eat cereal get more vitamins and minerals, including

46% more iron,

29% more vitamin D, and

16% more fiber.



FACT:

Breakfast cereal is the **#1 source** of whole grains for 2- to 12-year-olds for the day.



FACT:

For kids ages **2 to 12** years old who eat cereal,

54% of their milk consumption is with cereal.



FACT:

At under **\$1** per serving, cereal with milk delivers key **vitamins and minerals** that can be difficult to find in other breakfast choices.



Cheerios™ Easy Cinnamon Snack Mix

This make-ahead mix is **perfect for breakfast to go** on busy mornings or for an easy after-school snack.

➔ STEP 1

Line large rimmed baking pan with waxed paper. In large microwavable bowl, mix **4 cups Cheerios™ cereal, 4 cups Cinnamon Chex™ cereal, and 1 cup Annie's™ Organic Honey Bunny Grahams** baked graham snacks.

➔ STEP 2

In small microwavable bowl, microwave **¼ cup butter** uncovered on High 30 to 60 seconds, until melted. Stir in **3 tablespoons sugar**; microwave uncovered on High 30 to 60 seconds, or until sugar is starting to dissolve. Stir in **1 teaspoon ground cinnamon**. Pour

over cereal mixture, stirring until evenly coated.

➔ STEP 3

Microwave bowl with cereal mixture uncovered on High 2 to 3 minutes, stirring after every minute, until lightly glazed. Spread cereal mixture on baking pan, and cool completely, 15 to 20 minutes.

➔ STEP 4

Place in serving bowl; stir in **1 cup raisins**. Store in airtight container for up to 1 week.



Scan this code for more versions of the recipe.

Yay, Cereal

SNACK TIME!

Little kids snack a lot, so it's a great chance to offer nutritious foods like **whole grain cereals, fruits, and veggies**. Snacks can also help pregnant and breastfeeding women meet their calorie and nutrient needs.

Try cereal as a snack!

Enjoy it with milk, on its own, in a snack mix (like the one at left), or on top of yogurt and fruit.

All **General Mills WIC-eligible cereals**, like the ones shown below, are **made with whole grain** and are a good source of at least 11 vitamins and minerals. So they're a great choice for a snack or breakfast.



*WIC is a registered service mark of the U.S. Department of Agriculture for USDA's Special Supplemental Nutrition Program for Women, Infants and Children.

DID YOU KNOW? Children who eat cereal consume about 2 times more whole grains than kids who don't eat cereal. Research continues to show that higher whole grain intake is an important part of healthy eating.

Made for Little Fingers

Cheerios™ are easy for your little one to grab, and they dissolve easily in the mouth. Plus, they're part of a nutritious breakfast when your child is ready for school!



Check with your child's doctor before starting finger foods.

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Hello, Finger Foods

Learning to self-feed is a **BIG deal** for your little one. Here's the scoop on this important milestone.

➤ WHAT ARE FINGER FOODS?

Finger foods are **small, safe pieces of food** that your child can pick up and eat on their own.

➤ WHAT ARE GOOD FINGER FOODS?

Cheerios™ cereal, small pieces of ripe banana or avocado, and small pieces of well-cooked veggies like squash or peas.



➤ WHEN CAN I START GIVING THEM TO MY LITTLE ONE?*

GREAT QUESTION! Your child is ready for finger foods **when they can pick up small things with their thumb and fingers**. This skill, known as the pincer grasp, usually happens around 9 months. They use their gums to chew so it's okay if they don't have many teeth yet!

➤ ANYTHING ELSE I SHOULD KNOW ABOUT FINGER FOODS?

YES! For your child's safety, make sure they sit up while eating, and always stay nearby in case they start choking.

*Check with your child's doctor before starting finger foods.

DID YOU KNOW?

Cheerios™ cereal is part of a healthy breakfast and a great habit to instill as your child gets ready to enter school.

Finger Foods

FOODS TO AVOID

Stay away from foods that can cause choking in a young child:



Grapes, berries, or raisins



Potato chips, popcorn



Nuts



Corn



Fruit that is under ripe, dried, unpeeled, or in chunks



Raw or undercooked vegetables



Hot dogs or luncheon meats



Chunks of peanut butter



Marshmallows, candy, or gum

What to Know About Whole Grains

Here's why **whole grains are so important**—and how to be sure the cereal you choose is made with them!



1

Whole grains provide many essential nutrients like fiber, iron, B vitamins, potassium, and magnesium. Higher intakes of whole grain foods have also been shown to help lower the risk of diabetes, heart disease, and other conditions.



2

Cereal is a great way to get whole grains—but NOT all cereals are made with whole grains. To be sure, look at the label on the side of the box. **If the first ingredient includes the word "whole," you're good!** But if the first ingredient does not include the word "whole," then your cereal may have little-to-no whole grains.

Ingredients: ~~Whole Grain Oats~~, Salt, Tripotassium Phosphate, W E (mixed tocopherols) Added to Vitamins and Minerals: Calcium Zinc (mineral nutrients), Vitamin A B Vitamin (niacinamide), Vitamin

3

Want another easy way to make sure your cereal is made with whole grains? Choose any **"Big G" cereal from General Mills!** Every Big G cereal is made with whole grains—just look for the **"G"** in the corner!



What About Gluten Free?

Yes! **There are gluten free cereals that are whole grain.** Some people can't or choose not to eat foods that contain gluten, like wheat, rye, or barley. These individuals may be sensitive to gluten, or they may suffer from celiac disease. Fortunately, **General Mills has a variety of cereals labeled "gluten free"** which have a whole grain as the first ingredient, including some of our favorites below!

Gluten Free



Gluten Free Chex™ Cereal Treat Bars

No gluten? No bake? Yes, please! **Scan this code** with your phone's camera for a great-tasting snack recipe.



“BIG G” WIC CEREALS

your family will love

Cereal is a great choice to start the day. It's nutritious, easy, and affordable. Every “Big G” cereal has whole grain as the primary ingredient – just look for the .



*Provides at least 13g of whole grain per serving. At least 48 grams of whole grain recommended daily.

Please check with your local WIC agency for WIC-eligible foods available in your state.

WIC is a registered service mark of the U.S. Department of Agriculture for USDA's Special Supplemental Nutrition Program for Women, Infants, and Children.

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HOW TO Boost YOUR CHILD'S Brain Power

Good news: Almost everything you do for your child—caring for them, singing to them, playing with them—can help their development. The great news is that you can nurture their growth even more with these easy moves.

1 READ BOOKS OUT LOUD TO YOUR CHILD. It's ok if they don't understand what you're saying! **Hearing you read will help build their vocabulary and language skills.** Plus, they'll LOVE the one-on-one time with you.

2 MAKE BREAKFAST A DAILY ROUTINE. Some research has shown that eating breakfast can improve school performance. It's another great reason to make the morning meal a daily habit early in life. **You'll set the foundation for a healthy routine, as childhood is the best time to teach good habits.** The best part: a nutritious breakfast can be as easy as a bowl of whole grain cereal with milk! Want variety? Try hiding granola under yogurt as a surprise; roll peanut butter and sliced bananas in a whole grain tortilla for a breakfast sandwich; or try one of the delicious recipes on page 12.

3 FEED YOUR CHILD'S BRAIN. Kids under age 2 need fat for brain development. Avocado, salmon, and dairy foods (like full-fat milk and yogurt) are foods that contain fat. **The brain also needs carbohydrates for fuel.** Healthier carbohydrates (called “complex carbohydrates”) include whole grains and beans.

DID YOU KNOW? School-age kids who eat breakfast may stay more alert in class and may have fewer discipline problems.

SPOTLIGHT ON Calcium and Vitamin D

Is your family getting enough of these important nutrients? **Discover simple ways to get more.**

Did you know?

46%

of Americans don't get enough
calcium
from food each day.

Dairy foods like milk, yogurt, and cheese, plus some green vegetables and fish naturally contain calcium.

96%

of Americans don't get enough
vitamin D.

Fatty fish (like trout, salmon, tuna, and mackerel) and eggs are some natural food sources of vitamin D.

Why is this a problem?

● **Calcium** helps to build strong bones and teeth. It also helps the heart, muscles, and nerves to work properly. Your body doesn't make calcium on its own so you must get it from other sources.

● **Vitamin D** helps the body absorb calcium and aids muscles and nerves. Few foods naturally contain vitamin D, so fortified foods like milk, OJ, and cereals are important to help you meet recommendations.

What can you do?

Great news! There's an easy solution: You can get both calcium and vitamin D at the same time by eating the following:

● **FORTIFIED YOGURT.** But not all yogurts contain vitamin D, so **check the label.** Look for a Daily Value of at least 10% to be sure you're getting a good source of the nutrient.

● **FORTIFIED BREAKFAST CEREAL WITH MILK.** Many cereals are fortified with calcium and vitamin D. Check the label to make sure. You'll also get an extra boost of these two nutrients from the milk to start your day!

Protein	5g	
Vitamin D	2.9mcg	15%
Calcium	180mg	15%
Potassium	240mg	6%
Vitamin A	170mcg	15%
Not a significant source of dietary fiber and iron.		
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

Good to know!

All WIC-approved Yoplait® yogurts are good sources of vitamin D.



YOPLAIT® YOGURT
A CONVENIENT AND DELICIOUS WAY
TO GET CALCIUM AND VITAMIN D!





Gluten Free Cheerios™ Honey-Peanut Cereal Bars

Use WIC cereal and
peanut butter to make
this **yummy snack!**



Breakfast Kabobs with Yogurt Dip

Begin the day a whole
new way with **breakfast
on a stick**. Yogurt on the
side is perfect for dipping!



Recipes Kids Love

Scan the codes with your
phone's camera
for complete
recipes.



KIX™ Lovely Lion Snack

Five minutes is all
you'll need to create
this **simple yet
adorable snack**. Roar!



KIX™ Lemon-Blueberry Muffins

Kick-start your day
with **these kid-friendly
muffins** that have a
crunchy cereal topping.

