

Women, Infants, and Children (WIC)

"Big" & Whole Grain-Rich Cereals

General Mills is proud to offer a variety of widely available and popular brands that meet WIC requirements including "Big G" cold cereals, Cascadian Farms™ fruits & vegetables, Progresso™ canned beans, and Old El Paso™ products.



**Mott's™
Very Berry**



**Mott's™
Apple Cinnamon**



Bluey™



**Cheerios™
Veggie Blends
Blueberry Banana**



**Cheerios™
Veggie Blends
Apple Strawberry**



**Cheerios™
Hearty Nut
Medley**



**Strawberry
Vanilla Chex™**



**Blueberry
Chex™**



**Cinnamon
Chex™**



Rice Chex™



Corn Chex™



Wheat Chex™



Total™



**Fiber One™
Honey Clusters™**



Wheaties™



Kix™



Cheerios™



**Multi Grain
Cheerios™**



Gluten Free Ingredients can change over time. Always check the product label every time you buy.

Always check with your State Agency to make sure foods are creditable in your state.

List based on February 2026 product information. Always check the product nutrition fact panel for the most-up-to-date nutrition information.



Women, Infants, and Children (WIC)

Organic Frozen Fruits and Vegetables,

Pack more of what you need into every meal with our simply delicious organic frozen fruits and vegetables, canned varieties,

Cascadian Farm™ Organic Frozen Fruits and Vegetables



Muir Glen™ Canned Tomatoes and Salsa



Progresso™ Canned Beans



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Whole Grain-Rich Cereals



UPC	Package Size	Product Description	Labeled Gluten Free
16000-23329 16000-23332	14.6 oz 21.6 oz	Mott's™ Verry Berry Cereal	No
16000-23327 16000-23328	14.0 oz 20.8 oz	Mott's™ Apple Cinnamon	No
16000-22783 16000-22784	12.0oz 18.0 oz	Bluey™ Cereal	No
16000-21451 16000-21454	14.7 oz 20.0 oz	Cheerios™ Hearty Nut Medley	No
16000-20004 16000-22233	10.6 oz 18.0 oz	Cheerios™ Veggie Blends Apple Strawberry	Yes
16000-20005 16000-22235	10.6 oz 18.0 oz	Cheerios™ Veggie Blends Blueberry Banana	Yes
16000-22465 16000-27526 16000-48772 16000-17003 16000-12541 16000-22469 16000-18952	7.4 oz 8.9 oz 12.0 oz 20.0 oz 24.0 oz 28.0 oz	Cheerios™	Yes
16000-27515 16000-48769 16000-16875 16000-18954 16000-40105	9.0 oz 12.0 oz 18.0 oz 20.6 oz 37.5 oz	Multi Grain Cheerios™	Yes
16000-22582 16000-22583	12.4 oz 19.8 oz	Strawberry Vanilla Chex™	Yes
16000-49234	12.0 oz	Blueberry Chex™	Yes
16000-10371 16000-17099 16000-22363	12.0 oz 19.2 oz 30.0 oz	Cinnamon Chex™	Yes
16000-48796 16000-17108 16000-20819	12.0 oz 18.0 oz 23.2 oz	Corn Chex™	Yes
16000-48794 16000-17102 16000-20696	12.0 oz 18.0 oz 22.2 oz	Rice Chex™	Yes
16000-27549 16000-42724	14.0 oz 19 oz	Wheat Chex™	No
16000-27567 16000-17104	12.0 oz 18.0 oz	Kix™	No
16000-15765	17.5 oz	Fiber One™ Honey Clusters™	No
16000-27563	16.0 oz	Total™	No
16000-27565	15.6 oz	Wheaties™	No

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Canned Vegetables and Salsa



UPC	Product Description
Canned Tomatoes	
725342-26013	Muir Glen™ Whole Peeled Tomatoe
725342-26073 725342-26071	Muir Glen™ Diced Tomatoes
725342-26926 725342-29053 725342-29121	Muir Glen™ Fire Roasted Diced Tomatoes No Salt Added
725342-26929	Muir Glen™ Fire Roasted Petite Diced Tomatoes with Garlic
725342-28071 725342-28315	Muir Glen™ Tomato Sauce
725342-28103	Muir Glen™ Tomato Puree
725342-28393	Muir Glen™ Crushed Tomatoes with Basil
725342-28561	Muir Glen™ Diced Tomatoes No Salt Added
725342-28571	Muir Glen™ Tomatoe Sauce No Salt Added
725342-28731	Muir Glen™ Diced tomatoes with Garlic & Onion
725342-29111	Muir Glen™ Fire Roasted Crushed Tomatoes
725342-38171	Muir Glen™ Tomato Paste
725342-42943	Muir Glen™ Petite Diced Tomatoes
Salsa	
7254342-48490	Muir Glen™ Salsa -Mild
7254342-48470	Muir Glen™ Salsa - Medium
7254342-48800	Muri Glen™ Salsa- Garlic Cilantro
7254342-48810	Muir Glen™ Salsa - Black Bean & Corn

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Frozen Fruits and Vegetables



UPC	Product Description
Cascadian Farm™	
21908-49335 21908-55011	Blackberries
21908-40677 21908-46612	Blueberries
21908-49334	Cherries
21908-47797	Cherry / Berry Blend
21908-47796 21908-51495	Harvest Berries
21908-47794	Mango / Strawberry Blend
21908-847795	Mango Chunks
21908-477713	Raspberries
21908-52501 21908-12039	Sliced Peaches
21908-46611 21908-54301	Strawberries
21908-50135	Broccoli Cuts
21908-50335	Broccoli Florets
21908-50145 21908-50345	Cut Green Beans
21908-42237	Fire Roasted Sweet Potato
21908-50140	Garden Peas
21908-50401	Gardener's Blend
21908-50167	Hash Browns
21908-46027	Kale
21908-50141	Mixed Vegetables
21908-50415	Peas and Carrots
21908-12808	Roasted Sweet Potato, Cauliflower & Broccoli
21908-49276	Root Vegetable Hashbrowns
21908-50124 21908-50324	Sweet Corn
21908-50340	Sweet Peas
21908-50419	Chinese-Style Stir-Fry Blend

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Canned Beans



UPC	Product Description
Progresso™ Beans	
41196-02032 41196-02035	Progresso™ Cannellini White Kidney Beans
41196-02012 41196-02016	Progresso™ Chick Peas
41196-02022	Progresso™ Red Kidney Beans
41196-02024	Progresso™ Dark Red Kidney Beans
41196-02122 41196-02124	Progresso™ Black Beans
Old El Paso™ Beans	
46000-082011	Old El Paso™ Refried Beans Fat Free
46000-084331	Old El Paso™ Spicy Refried Beans



Canned Vegetables



UPC	Product Description
Old El Paso™ Vegetables	
46000-083251 46000-083331	Old El Paso™ Chopped Green Chillies
46000-085281	Old El Paso™ Jalapeno Slices
Progresso™ Vegetables	
41196-689012	Progresso™ Artichoke Hearts

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