

# Hot and Cold Cereals

can be eaten on their own, used in baking and added to fresh recipes like parfaits.



We've put together a list of easy-to-find cereals that fit the MB School Nutrition Guidelines:

Brand	Cereal Type
Kellogg's	Just Right Special K Oats and Honey
Quaker	Life Oatmeal Squares
President's Choice	Wheat Squares
No Name	Organics Wheat Squares
Post	Honey Almond Granola Spoon Size Shredded Wheat Shredded Wheat Bran

## Moving Forward with MB School Nutrition

Manitoba's School Nutrition guidelines will help you with menu planning and choosing packaged foods like cereal. See pages 27 - 31 to learn what to look for on ingredient lists and nutrition labels.

[www.gov.mb.ca/healthyschools/foodinschools](http://www.gov.mb.ca/healthyschools/foodinschools)

### Did you know?

Cereals should contain a whole grain as the first ingredient. Examples of whole grains include whole wheat, brown rice, and oats.

Some more general types of cereal:

O's Cereals	e.g.	Blue Menu Multigrain O's General Mills Original/Multigrain Cheerios President's Choice Toasted Oat O's
Plain Oats	e.g.	Quaker Quick Oats; Roger's Porridge Oats
Puffed Wheat	e.g.	Quaker Puffed Wheat

You can also make your own cereal using plain oats and add-ins:

## Homemade Oat Packets

**Prepare:** mix 1/4 cup of quick or instant, plain oats with your choice of add-ins: seeds, nuts, oat bran, cinnamon, ginger, maple syrup, brown sugar, dried fruits (e.g. blueberries, bananas, apples, raisins, pineapple, coconut).

**Serve:** add 1/2 cup of boiling water. Let sit for 1-2 minutes, stir and serve. OR add 1/2 cup of cold water. Microwave for 1 minute, stir and serve.

Make to serve right away or keep as a "grab and go" for older students.



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