



# Oatmeal or Oats List



This is a non-exclusive list and is updated on an ongoing basis. Products not on this list that meet the requirements listed in the [WIC Authorized Food List Shopping Guide](#) are also allowed.

#	UPC	Brand Name	Product Name	Type	Size
1	039978001535	Bob's Red Mill	Quick Cooking Rolled Oats Whole Grain	Quick	16oz
2	039978001542	Bob's Red Mill	Old Fashioned Rolled Oats Whole Grain	Old Fashioned	16oz
3	039978001559	Bob's Red Mill	Extra Thick Rolled Oats Whole Grain	Rolled	16oz
4	039978001603	Bob's Red Mill	Instant Rolled Oats Whole Grain	Instant	16oz
5	183860000806	Early On	Quick Oats	Rolled	16 oz
6	072463000217	McCann's	Irish Oatmeal Quick Cooking	Quick	16oz
7	072463000224	McCann's	Irish Oatmeal Steel Cut	Steel Cut	16oz
8	072463000309	McCann's	Irish Oatmeal Steel Cut	Quick	16oz
9	042400016922	Mom's Best Natural	Quick Oats	Quick	16oz
10	883978152854	Mom's Best Natural	Old Fashioned Oats	Old Fashioned	16oz
11	030000216415	Mother's	Rolled Oats	Rolled	16oz
12	030000017807	Quaker	Crystal Wedding Oats	Quick	16oz
13	046567019222	Raley's	Quick Oats (Stand Up Bag)	Quick	16oz
14	0111110827081	Simple Truth	Oats, Natural Old Fashioned (Pouch)	Old Fashioned	16oz
15	041380199113	Springfield	Oatmeal	Old Fashioned	16 oz
16	041380199120	Springfield	Oatmeal	Quick	16 oz
17	717544117230	Sunny Select	Quick Oats (Stand Up Bag)	Quick	16oz
18	015400122900	Western Family	Quick 1 Minute Oatmeal	Quick	16oz

To add product information to this list, follow the instructions on our [Product Submissions](#) webpage.

It is the responsibility of the submitters to notify CDPH/WIC as soon as possible of all product changes (and the effective date of each change) to any of their products listed in the California WIC Food List Database; examples of product changes include, but are not limited to: package design, container size, ingredients, and/or discontinuance of a product or size. Product change notifications must be emailed to [WICFoods@cdph.ca.gov](mailto:WICFoods@cdph.ca.gov)