



TIPS FOR USING YOUR WHOLE GRAIN BENEFIT

- You can now choose whole grain options in more package sizes.
- Using your entire whole grain benefit may take some extra planning.
- Use this guide to plan which whole grains to buy and make shopping easy!

TIP 1



PICK 2 OR 3 WIC-approved, whole grain options you enjoy most.

- Use the WIC Shopping Guide to explore whole grain options.
- Use the back of this handout for a list of whole grain options and common package sizes.
- Use the "Scan Barcode" button in the WICShopper app to check if a whole grain option is approved.

TIP 2



CHECK the package size of your selected whole grains.

- Each WIC participant gets 16 or 32 oz of whole grains each month.
- Choose package sizes that add up to 16 or 32 oz to get the most from your benefits.

TIP 3



GET THE MOST out of your benefits!

- ★ Mix and match your whole grain choices
- ★ Choose sizes that add up to your full benefit amount

To get the most out of your 16 oz whole grain benefit:

- Purchase one, 16 oz whole grain option (for example, one 16 oz box of pasta or bag of tortillas).

Note: Purchasing 12 or 14 oz. whole grain options (for example, a 14 oz. bag of brown rice or a 12 oz. bag of hamburger buns) will leave you with unused whole grain benefits.

Here are some examples of how to get the most out of your 32 oz whole grain benefit:

- Purchase one, 32 oz whole grain option (for example, one 32 oz bag of rice).
- Purchase two, 16 oz whole grain options (for example, one 16 oz box of pasta and one 16 oz loaf of bread).

EXAMPLE A

MEENA HAS 16 OZ OF WHOLE GRAINS. MEENA FINDS WHOLE GRAIN OPTIONS THAT USE ALL 16 OZ OF HER BENEFITS.

TIP 1 Meena likes to cook with brown rice, whole wheat hamburger buns, and corn tortillas.

TIP 2 She sees in the WICShopper App that she can purchase a 14 oz bag of brown rice, a 12 oz bag of hamburger buns, or a 16 oz bag of corn tortillas.



TIP 3 This time, Meena chooses to purchase the 16 oz bag of corn tortillas.

Meena is happy she will use all of her benefits.

16 oz whole grain benefit
- 16 oz corn tortillas
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= 0 oz unused

EXAMPLE B

MARTA HAS 32 OZ OF WHOLE GRAINS. MARTA FINDS A WHOLE GRAIN OPTION THAT SHE LIKES THE MOST AND IS OK WITH UNUSED BENEFITS.

TIP 1 Marta likes to eat whole wheat bread.

TIP 2 She sees that her favorite whole wheat bread comes in 24 oz packages. This means that if she purchases the bread, she may have 8 oz of unused whole grain benefit.



TIP 3 This time, Marta chooses to purchase the whole wheat bread.

Marta knows some of her benefits won't be used but is happy she will get to buy her favorite bread.

32 oz whole grain benefit
- 24 oz whole wheat bread
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= 8 oz unused

Common Whole Grain Package Sizes

GRAIN TYPE	MOST COMMON PACKAGE SIZE(S):	LESS COMMON PACKAGE SIZE(S):
Bread	24 oz	16 oz, 18 oz, 20 oz, 21 oz, 22 oz, 26 oz, 27 oz
Hamburger Bun	12 oz, 14 oz	16 oz, 18.5 oz, 21 oz
Hotdog Bun	16 oz	24 oz
Oats	16 oz, 24 oz, 42 oz	18 oz, 25 oz, 28 oz
Brown Rice	14 oz, 16 oz, 32 oz	42 oz
Tortillas	16 oz	9 oz, 10.84 oz, 12.6 oz, 25 oz, 37.5 oz
Pasta	16 oz	