



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 24 or 48 oz of whole grains each month.
- Choose package sizes that add up to 24 or 48 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 24 oz whole grain benefit:	Here are some examples of how to get the most out of your 48 oz whole grain benefit:
Purchase one, 24 oz whole grain option (for example, one 24 oz loaf of whole grain bread).	Double any of the previous combinations
Purchase two, 12 oz whole grain options (for example, two 12 oz bags of whole grain hamburger buns).	Purchase one, 32 oz whole grain option and one, 16 oz whole grain option (for example, one 32 oz bag of rice AND one 16 oz bag of tortillas).
Note: Purchasing 16-22 oz whole grain packages (for example, a 16 oz box of pasta or a 20 oz loaf of whole grain bread) may leave you with unused whole grain benefits.	Purchase three, 16 oz whole grain options (for example, one 16 oz box of pasta, one 16 oz loaf of bread, and one 16 oz bag of tortillas)

EXAMPLE A

MEENA HAS 24 OZ OF WHOLE GRAINS. MEENA FINDS WHOLE GRAIN OPTIONS THAT USE ALL 24 OZ OF HER BENEFITS.

TIP 1 Meena likes to eat brown rice, corn tortillas, and whole grain bread.

TIP 2 She sees in the WICShopper App that she can purchase a 14 oz package of brown rice, a 16 oz bag of corn tortillas, or a 24 oz loaf of whole grain bread.



TIP 3 This time, Meena chooses to purchase the 24 oz loaf of whole grain bread.

Meena is happy she will use all of her benefits.

24 oz whole grain benefit

– 24 oz whole grain bread

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= 0 oz unused

EXAMPLE B

MARTA HAS 48 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 oatmeal.

TIP 2 She sees that her favorite oats comes in 42 oz packages. This means that if she purchases the oats, she will have 6 oz of unused whole grain benefit.



TIP 3 This time, Marta chooses to purchase the oats.

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

48 oz whole grain benefit

– 42 oz oats

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= 6 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	
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	