

# Whole Grains - eWIC Quick Pick Guide

## Whole Grain Options:



OR



OR



OR



**100% Whole Grain Bread:**

- 16 oz or 24 oz

**Brown Rice:**

- 16 oz regular
- 14 oz (Instant)

**Tortillas:**

- 16 oz Whole Wheat
- 16 oz Corn

**100% Whole Wheat Pasta:**

- 16 oz

There are different combinations and ways you can use your whole grain benefits. Here are some examples:

16 oz Whole Grains-All Auth =	32 oz Whole Grains-All Auth =	48 oz Whole Grains-All Auth =	64 oz Whole Grains-All Auth =	80 oz Whole Grains-All Auth =	96 oz Whole Grains-All Auth =
<b>one:</b> 16 oz size bread, or rice, or tortillas or pasta	<b>two:</b> 16 oz size bread, or rice, or tortillas or pasta OR	<b>three:</b> 16 oz size bread, or rice, or tortillas or pasta OR	<b>four:</b> 16 oz size bread, or rice, or tortillas or pasta OR	<b>five:</b> 16 oz size bread, or rice, or tortillas or pasta OR	<b>six:</b> 16 oz size bread, or rice, or tortillas or pasta OR
*not enough benefits to buy a 24 oz size bread	Mix & match <b>choose two:</b> 16 oz size bread, or rice, or tortillas or pasta OR	Mix & match <b>choose three:</b> 16 oz size bread, or rice, or tortillas or pasta OR	Mix & match <b>choose four:</b> 16 oz size bread, or rice, or tortillas or pasta OR	Mix & match <b>choose five:</b> 16 oz size bread, or rice, or tortillas or pasta OR	Mix & match <b>choose six:</b> 16 oz size bread, or rice, or tortillas or pasta OR
	<b>one</b> 24 oz size bread *you will have 8 oz of whole grains you can not use	<b>two</b> 24 oz size bread	<b>two</b> 24 oz size bread + <b>one</b> 16 oz size bread or brown rice or, tortillas or, pasta	<b>two</b> 24 oz size bread + <b>two</b> 16 oz size bread or brown rice or, tortillas or, pasta	<b>four</b> 24 oz size bread OR <b>two</b> 24 oz size bread + <b>three</b> 16 oz size bread or brown rice or, tortillas or, pasta

**Caution:** When buying a 24 ounce loaf you may end up with 8 oz of remaining benefits you cannot use.