

Oregon WIC Whole Grain Foods (Updated Feb 1, 2021)

All items on this list can be credited as whole grain-rich grain items in the CACFP meal pattern.

100% whole wheat bread



BUY

- Loaf of bread, any brand
- Must say "100% whole wheat" on the label

Whole wheat pasta

BUY

- Any shape of whole grain or whole wheat pasta
- Choose from **these brands** only:

Barilla
Essential Everyday
Food Club
Great Value
Kroger
Ronzoni
Signature Select
WinCo Foods



Brown rice

BUY

- Any brand
- Instant, "minute", or boil in bag rice are OK
- Brown jasmine and brown basmati rice are OK



Corn tortillas

BUY

- Soft white or yellow corn tortillas only
- Choose from **these brands** only:

Calidad	Herdez	Mission
Casa Rosa	IGA	Reser's Baja Café
Don Pancho	Kroger	Signature Select
Essential Everyday	La Banderita	Tortilla Land
Food Club	La Burrita	
Guerrero	Las 4 Hermanas	



Oats

BUY

- Any brand
- Quick, rolled, and old-fashioned oats are OK
- Gluten-free oats are OK



Whole wheat tortillas

BUY

- 100% whole wheat tortillas only
- Choose from **these brands** only:

Don Pancho	Kroger	Mission
Essential Everyday	La Banderita	Ortega
Guerrero	Market Pantry	Signature Select
IGA		



Bulgur

BUY

- Any brand



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