

# Oregon WIC Whole Grain Foods (Updated Mar 1, 2019)

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



## Oats

### ✓ BUY

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



## Whole wheat tortillas

### ✓ BUY

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

Don Pancho	Guerrero	La Banderita
Essential Everyday	Herdez	Market Pantry
Food Club	IGA	Mission
Great Value	Kroger	Ortega



## Bulgur

### ✓ BUY

- Any brand



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