

# Oregon WIC Program

## Approved 100% Whole Wheat Bread

Effective February 1, 2019

- Loaf of bread, any brand
- Must say “100% whole wheat” on the label
- 16 Oz. size or larger

### Not allowed

- No light or “lite” bread
- No organic

### Choose from these brands:

- Abiqua Farms
- Cascade Pride
- Country Oven
- Franz
- Fred Meyer
- Great Value
- Nature’s Own
- Open Nature
- Oroweat
- Portland French Bakery
- QFC
- Safeway
- Sara Lee
- Standish Farms
- Western Farms
- Wholesome Harvest
- WinCo Foods
- Wonder Bread