

TAKE THE WHOLE GRAIN CHALLENGE!

JOIN US FOR OUR WHOLE GRAIN CHALLENGE THIS WHOLE GRAIN WEEK: 15-21 JUNE

We're challenging you to enjoy three serves of whole grain

SO HOW DO I COMPLETE THE CHALLENGE?

STEP 1

Download your pantry list here...



STEP 2

Check out our handy serve size guide...



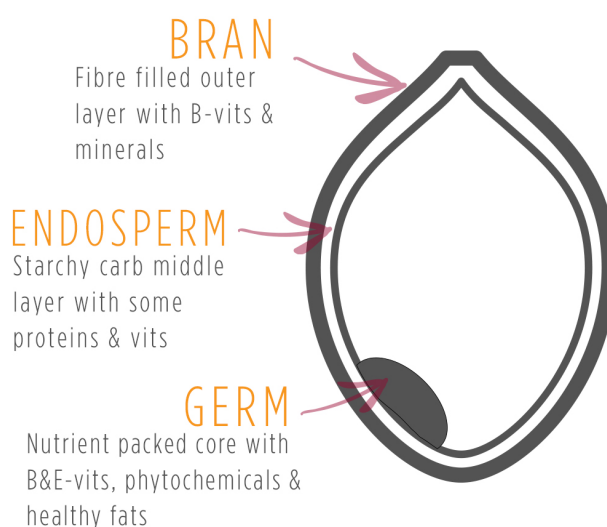
STEP 3

Search our whole grain database...



Did you know that enjoying whole grain foods can help to maintain good health and protect against chronic disease, including heart disease and some cancers!

WHOLE GRAIN ANATOMY...



WIN WITH US DURING WHOLE GRAIN WEEK!

Visit our Instagram profile to find out more

#wholegrainchallenge