

Whole Grains

Whole Grain Bread

16oz package only.

Arnold: Stone ground 100% Whole Wheat

Best Yet: 100% Whole Wheat

Bimbo: 100% Whole Wheat

Country Kitchen: 100% Whole Wheat

Gourmet: 100% Whole Wheat

Hannaford: 100% Whole Wheat

IGA: 100% Whole Wheat

Market Basket: 100% Whole Wheat

Nature's Own: 100% Whole Wheat with Honey

Pepperidge Farm: Light Style 100% Whole Wheat, Light Style Wheat, Stone Ground 100% Whole Wheat, Very Thin 100% Whole Wheat, Whole Grain Rye (Seeded or not seeded)

PICs: 100% Whole Wheat

Rubschlagger: Westphalian Style Pumpernickel Bread, Danish Style Pumpernickel, European Style Whole Grain, 100% Whole Wheat Bread, Cocktail Whole Grain Bread, Cocktail Rye Bread, Cocktail Pumpernickel Bread, 100% Rye Rye-Ola Flax Bread, 100% Rye Rye-Ola Pumpernickel Bread, 100% Rye Rye-Ola Black Rye Bread, 100% Rye-Rye-Ola Sunflower Bread

Sara Lee: 100% Whole Wheat

Shop Rite: 100% Whole Wheat

Signature Select: 100% Whole Wheat, No Salt Added Whole Wheat

Wonder: 100% Whole Wheat

Tortillas

16oz package only.

Corn: Food Club, **Hannaford**, Herdez, IGA, La Banderita, Market Basket, Mayan Farms, Mission, Pepito, Shurfine

Wheat: Chi-Chi's, Food Club, Great Value, Hannaford, Herdez, IGA, La Banderita, Market Basket, Market Pantry, Mi Casa, Mission, Ortega, Pepito, Shurfine, Siempre Autentico, Signature Select, Tropical

Brown Rice

14oz to 16oz package only

Instant, or boil-in-bag Brown Rice

16oz package only

Regular Brown Rice

No white rice or wild rice.

No added ingredients such as seasonings.

Oatmeal

16oz package only.

McCann's Irish oatmeal

Mom's Best Naturals Quick Oats

Mom's Best Old Fashioned Oats

Shurfine 100% Natural Oatmeal

Signature Select

Whole Wheat Pasta

16oz package only.

100% Whole Wheat/Whole Grain only.

Barilla

Bowl & Basket New 6.2020

Great Value

Hodgson Mill

Ronzoni Healthy Harvest

Shurfine

Signature Select

06/2020