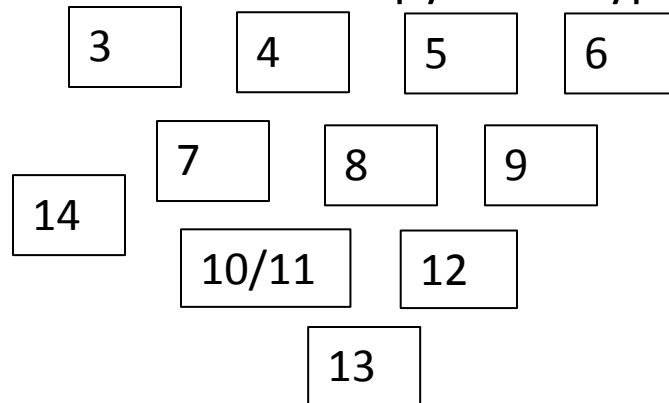


New Whole Grain Choices Gives You More Options

- Bulletin board
- Created by Kelsey Upah, Dietetic Intern
- Resources:

Instructions

- Use this bulletin board to share whole grain facts and ideas with participants
- Title pages for the top of the bulletin board are slides # 3, 4, 5, 6.
- Slides #7-9 will be centered under the title; slide #8 will go in the middle, and slide #7 on the left and slide #9 on the right
- In the spaces below slides #7-9 is where slides #10-12 will go.
 - Slides #11 will go directly under slide 10 on the left side of the board.
 - Use the document “Recipes to go with WW Choices Bulletin Board” to make copies of the recipes and cut in half. *Use a manila folder to contain recipes
 - Place slide #12 on top of the recipes
- Slide 13 will be at the bottom, centered
- Slide 14 should ideally go to the left of slide #7, but put it wherever it fits.
- Overall, this board will have a pyramid-type look (widest part at the top)



New Whole

Grain Choices

Gives You

More Options

You pick the Food Package with the whole grains you want!

60881998  ILLINOIS DEPARTMENT OF HUMAN SERVICES
815-823 EAST MONROE ST., SPRINGFIELD, IL 62701
SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS & CHILDREN (WIC)

60881998

SEQUENCE NO.	WIC ID NO.	NAME OF PARTICIPANT	PACKAGE	AGENCY / SITE
00000000	A000-0000 0000-00	XXXXXXXXXX XXXXXXXXXXXXXXXX	100 3	*****

64-1968
611

1	16 oz Pkg Whole Wheat Bread/Buns or Whole Wheat Pasta	FIRST DAY TO USE	LAST DAY TO USE
1	16 oz Pkg Dry Beans	99/99/99	99/99/99
2	Quarts 1% or Skim Milk Least Expensive Brand		
48	oz Juice Or Less		

*** **
*** **

UNITED COMMUNITY BANK - MARIETTA, GA
SIGNATURE OF PARTICIPANT OR AUTHORIZED PROXY REQUIRED HERE

PAYMENT WILL BE DENIED

MAXIMUM VALUE \$11.51

ACTUAL \$
AMOUNT OF SALE

VENDOR MUST
DEPOSIT WITHIN
60 DAYS FROM
FIRST-DAY-TO-
USE DATE

WITHOUT VENDOR STAMP HERE

CORNERSTONE

60881998 061119684 2506590

16 oz Whole Wheat Bread

16 oz Whole Wheat Pasta

16 oz Whole Wheat Buns

New



Or



New

You pick the Food Package with the whole grains you want!

60881998  ILLINOIS DEPARTMENT OF HUMAN SERVICES
815-823 EAST MONROE ST., SPRINGFIELD, IL 62701
SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS & CHILDREN (WIC)

SEQUENCE NO.	WIC ID NO.	NAME OF PARTICIPANT	PACKAGE	AGENCY / SITE
00000000	A000-0000 0000-00	XXXXXXXXXX XXXXXXXXXXXXXXXXX	305 3	*****

64-1968
611

1	16 oz Pkg Brown Rice or Soft Corn Tortillas or Oatmeal	FIRST DAY TO USE	LAST DAY TO USE
1	Gallons Whole Milk Least Expensive Brand	99/99/99	99/99/99
1	Quarts Whole Milk Least Expensive Brand		
64	oz Juice Or Less		

*** **

UNITED COMMUNITY BANK - MARIETTA, GA

SIGNATURE OF PARTICIPANT OR AUTHORIZED PROXY REQUIRED HERE

MAXIMUM VALUE \$12.79

PAYMENT WILL BE DENIED

ACTUAL \$ AMOUNT OF SALE

VENDOR MUST DEPOSIT WITHIN 60 DAYS FROM FIRST-DAY-TO-USE DATE

WITHOUT VENDOR STAMP, PAGE

60881998 061119684 2506590

CORNERSTONE

16 oz Brown Rice

16 oz Soft Corn Tortillas

16 oz Oatmeal

**How do I know if a food is
made with whole grain?**



Lift for answer



**Look for the word “Whole”
AND
That it is the first ingredient
on the label**

INGREDIENTS:

WHOLE GRAIN WHEAT FLOUR,
WATER, SUGAR, WHEAT GLUTEN,
SOYBEAN OIL, NATURAL FLAVOR,
SEA SALT, YEAST, CULTURED
WHEAT FLOUR, MOLASSES, SOY
LECITHIN, RAISIN JUICE, VINEGAR,
ASCORBIC ACID; TOPPED WITH
WHEAT BRAN.

**Nutrition
Facts**

Serv. Size 1/2 rolls (64g)

Serv. Per Cont. 8

Calories 200

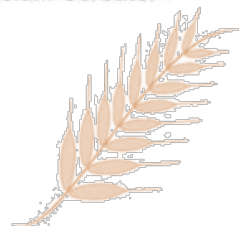
Fat Cal. 50

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 6g	9%	Total Carb. 34g	11%
Sat. Fat 1.5g	8%	Fiber 3g	12%
Trans Fat 0g		Sugars 16g	
Cholest. 5mg	1%	Protein 4g	
Sodium 150mg	6%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet			
Vitamin A 35%	•	Vitamin C 6%	•
Calcium 2%	•	Iron 6%	

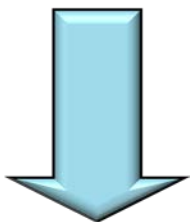
INGREDIENTS: 100% Whole Grain Flour, Water, Contains 2% or less of: Sugar, Dried Apples with Sulfur Dioxide and Sodium Sulfite, Soybean and Palm Oils, Whey, Mono- and Diglycerides, Beta Carotene, Artificial Flavor, Sodium Benzoate, Vitamin A Palmitate, Fructose Crystals, Butter, Wheat Flour, Whole Soy Flour, Vital Wheat Gluten, Corn Syrup Solids, Algin, Non Fat Dry Milk, Cinnamon, Salt, Yeast, Vegetable Gums, Enzymes, Orange Emulsion, Gellan Gum, Calcium Carrageenan, Methylhydroxypropyl Cellulose, Natural Flavor, Spices, Citric acid, Malic Acid, Datem, L-Cysteine, Ascorbic Acid, Azodicarbonamide(ADA), Potassium Iodate, Modified Food Starch, Agar, Cinnamon Emulsion, Vanilla, Spices, Malted Barley, Dextrose, Lecithin, Caramel Color, Potassium Sorbate.

1.5 Bread Exchanges
22.76 g Whole Grain per Serving

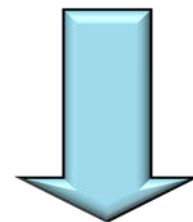
ALLERGY INFORMATION:
CONTAINS: Milk, Soy, Wheat



What can you make using whole wheat buns?



Lift for answer



Whole grain options are provided to you because:

Grains are good for you!

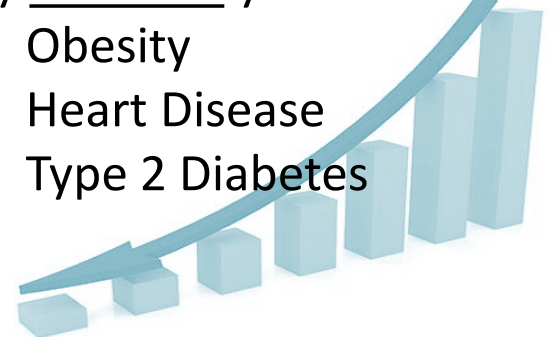
They will help you maintain
a healthy weight



They will help your kids be
strong!

They may decrease your risk of:

- ❖ Obesity
- ❖ Heart Disease
- ❖ Type 2 Diabetes



Tap to the beat.....

You need 100% whole wheat!

16 oz buns are so FUN!



Hotdog



Hamburger



Egg, Cheese, and Sausage Bake



INGREDIENTS

- 1 Tablespoon unsalted butter, plus more for the dish
- 3 whole wheat hamburger or hot dog buns, split
- 1 Tablespoon olive oil
- 1 small yellow onion, thinly sliced
- ¾ pound sweet Italian sausage, casings removed
- 6 large eggs
- 1 cup milk
- ¼ cup fresh flat-leaf parsley, chopped
- 1 ½ cups (6 ounces) grated Swiss cheese
- Salt and pepper



Add more veggies!

Try adding red/yellow/green bell peppers, fresh spinach, celery, tomatoes, zucchini, summer squash and any cooked beans you like (black beans, navy bean, etc)

DIRECTIONS

1. Heat oven to 350° F.
2. Butter a 9-by-13-inch baking dish. Tear the buns into large pieces and place in the dish; set aside.
3. Heat the oil in a large skillet over medium-high heat. Add the onion and cook for 1 minute. Add the sausage meat to the skillet. Cook, breaking up the sausage with a wooden spoon, until no trace of pink remains, about 10 minutes.
4. In a large bowl, whisk together the eggs, milk, ½ teaspoon salt, and ¼ teaspoon pepper. Stir in the cooked sausage and onion along with the parsley and 1 cup of the cheese.
5. Pour the mixture over the buns, pressing with a spatula or spoon to submerge them. Sprinkle with the remaining cheese. Bake until the eggs are set, about 35 minutes. Let cool for 5 minutes before serving.



Avocado Tuna Salad

INGREDIENTS

- 1 5-ounce can tuna, preferably packed in olive oil, drained
- 1/2 ripe avocado, roughly chopped
- 1/2 cup minced celery
- 1/4 cup minced red onion
- 1 Tablespoon olive oil
- 2 teaspoons lemon juice + 1 teaspoon lemon zest
- 2 Tablespoons chopped fresh cilantro or parsley
- Freshly ground black pepper and salt
- Slices of tomato and leaves of lettuce and/or spinach

Cook with your children!



- Open the can of tuna and throw away the lid
- Cut open the avocado and get the pit out
- Let them do the mixing

DIRECTIONS

Place all of the ingredients in a medium bowl. Mix with a fork, mashing the avocado and breaking up the chunks of tuna as you go, until the ingredients are well combined. Add the mixture to one side of the bun and add slices of tomato and leaves of lettuce and spinach finish off your sandwich.

How to remove an avocado pit

