

Combinations of whole grains that add up to 32 ounces (oz) or 2 pounds (lbs) for one family member



16 oz  
1.0 lbs

+



16 oz  
1.0 lbs

+



20 oz  
1.25 lbs



12 oz  
0.75 lbs

Families with 2 members receiving whole grains (64 oz/4 lbs) or more can use the 24 oz size breads to maximize their benefits using larger loaves.



24 oz  
1.5 lbs

+



24 oz  
1.5 lbs

+



16 oz  
1.0 lbs

=

64 oz  
4.0 lbs

Don't forget! You can also purchase 16 oz containers of pasta, rice, or tortillas too!