

Oregon WIC Program

Approved 100% Whole Wheat Bread

Effective October 1, 2016

- 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
- Actvif
- Bakery Fresh
- Bimbo
- Bunny Bread
- Cascade Pride
- Country Grain
- Country Oven
- Deli Fresh
- Earth Grains
- Essential Everyday
- Franz
- Fred Meyer
- Great Value
- Haggen
- Holsum
- Kroger
- Love’s
- Market Pantry
- Ms. Baird’s
- Merita
- Nature’s Harvest
- Nature’s Own
- Natures Pride
- Open Nature
- Oroweat
- Pepperidge Farm
- Portland French Baker
- QFC
- Roman Meal
- Safeway
- Sara Lee
- Standish Farms
- Sunbeam
- Western Farms
- Wheat Montana Farms
- Wholesome Harvest
- WinCo Foods
- Wonder Bread