

# Promoting Whole Grains

## How to offer more whole grains every day

Use the following questions and the corresponding “action steps” to identify new ways to overcome challenges related to whole grain consumption.

The **ALL** symbols are tips and suggestions for everyone, no matter how you answer the question. Items in bolded caps with the word “**SEE**” in front refer to OSNAP resources to help you meet your goals.

### Questions

### Action Steps

Do you and your staff know how to identify whole grain products?

**NO**

Whole grains are foods that contain a whole grain as the first ingredient on the label. Examples of whole grains are whole wheat, whole corn, barley, oats and rye. **SEE: WHOLE GRAIN SNACK FOODS**

**YES**

To find the healthiest whole grain choices, do some simple math by looking at the nutrition facts label: divide the total grams of carbohydrates by the grams of fiber, and if the number you get is less than 10, you have a healthy choice. **SEE: WHOLE GRAIN SNACK FOODS**

Do you and your program decide which snacks to serve?

**NO**

Speak to whoever is in charge of ordering food and request whole grain products. It may help to provide resources on the benefits of whole grain products and comparably priced snacks. **SEE: ADVOCATING FOR HEALTHY SNACKS, WHOLE GRAIN SNACK FOODS**

**YES**

Switch to purchasing foods made with whole grains like wheat, oats, barley and brown rice. **SEE: WHOLE GRAIN SNACK FOODS**

Do kids eat the whole grain snacks you serve?

**NO**

Conduct taste tests to understand kids’ preferences and identify new offerings. **SEE: FOOD & FUN UNIT 5**

**YES**

Include kids in food preparation; they are more likely to be excited when they make the food themselves. **SEE: FOOD & FUN UNIT 5 RECIPE IDEAS**

Do budget restrictions limit your ability to serve whole grain snacks?

**NO**

Make sure that you put any healthy changes in writing on the menu. **SEE: SAMPLE MENUS**

**YES**

Look at your current menu to see where you can save money by cutting down on less healthy foods and drinks (like desserts and juice). Look for comparably priced healthier options. **SEE: SNACK SENSE, SAMPLE MENUS**

Do you have a policy about serving whole grains?

**NO**

Create a policy stating that your program will serve whole grain products when serving grains. Communicate this policy to staff and families, and put the policy in appropriate places, like family and staff handbooks. **SEE: POLICY WRITING GUIDE, SAMPLE LETTERS**

**YES**

Make sure that you communicate your policy to families. **SEE: SAMPLE LETTERS**