

January



**WHOLE
GRAIN
of the MONTH**

OATS

WholeGrainsCouncil.org

February



**WHOLE
GRAIN
of the
MONTH**

BARLEY

WholeGrainsCouncil.org

March



**WHOLE
GRAIN
MONTH**

QUINOA

WholeGrainsCouncil.org

April



**WHOLE
GRAIN
of the MONTH**

**SPROUTED
GRAINS**

WholeGrainsCouncil.org

May



**WHOLE
GRAIN
MONTH**

AMARANTH

WholeGrainsCouncil.org

June



**WHOLE
GRAIN
of the MONTH**

SORGHUM

WholeGrainsCouncil.org

July



TM

**WHOLE
GRAIN
of the MONTH**

WHEAT

WholeGrainsCouncil.org

August



**WHOLE
GRAIN
of the MONTH**

**RYE &
TRITICALE**

WholeGrainsCouncil.org

September



**WHOLE
GRAIN
of the MONTH**

**RICE &
WILD RICE**

WholeGrainsCouncil.org

October



**WHOLE
GRAIN
of the
MONTH**

CORN

WholeGrainsCouncil.org

November



TM

**WHOLE
GRAIN
of the MONTH**

**MILLET
& TEFF**

WholeGrainsCouncil.org

December



**WHOLE
GRAIN
of the
MONTH**

BUCKWHEAT

WholeGrainsCouncil.org