



THREE EASY WAYS WGC MEMBER COMPANIES CAN PARTICIPATE

1. Donate Product to the Winning Food Bank or Charity

Support our Whole Grains Month campaign by signing up to donate cases of product to a winning food bank or food-related charity chosen at the end of September by our Whole Grains Month contest winners. Participating companies will sign up by emailing Caroline@OldwaysPT.org with the number of cases they'd like to contribute. All donations must be products registered and approved to use the Whole Grain Stamp. At the end of September, when the winning charity has been selected, we will email you the winning organization's address so that you can ship the cases directly to them.

To participate, email Caroline@OldwaysPT.org with the following information:

- How many cases of product you'd like to donate (in past years members have contributed anywhere between 1-60 cases of product, with the average being about 4-5 cases)
- What type of product you'd like to donate (e.g. two cases of oat & honey granola and three cases of whole grain crackers)
- The names of your company's social media accounts so that we can tag you and give your donation lots of visibility
- Optionally, send us a photo of the product you're donating so we may be able to include it in marketing materials or a blogpost highlighting the event

2. Tell Your Audience about Whole Grains Month

We'd love to include your audience in our celebration! Post about our Whole Grains Month contest on social media using **#WholeGrainsMonth** throughout September or send your followers straight to our event site, WholeGrainsCouncil.org/month, for more information about entering to win.

3. Share Whole Grain Content on Your Social Channels All Month Long

We encourage you to celebrate Whole Grains Month in your own way. Share your favorite whole grain recipes, talk about your favorite grains, choose a day to run a giveaway or sale. Just remember to use **#WholeGrainsMonth** so we can help amplify your message! You can also tag us at [@oldways_pt](https://www.instagram.com/oldways_pt) on Instagram and [@OldwaysPT](https://www.facebook.com/OldwaysPT) on Facebook.