



THREE EASY WAYS WGC MEMBER COMPANIES CAN PARTICIPATE

1. Contribute Globally Inspired Whole Grain Recipes

We want to feature your company and its delicious whole grain products as we highlight recipes that celebrate ingredients, flavors, and traditions from around the world. This September, we're taking our consumer audience on a culinary adventure highlighting whole grains and heritage dishes from four different cultural traditions: the Mediterranean, the African Diaspora, Latin America, and Asia. Throughout the month, we'll be highlighting our members' recipes on social media, in blog posts, and in our newsletters. Recipes you contribute will be uploaded to our website and you will be credited with a link to your company's site. We'll tag you on social media when we share the recipes with our followers.

To participate, [submit a recipe form](#). The form will ask you to input/upload the following information:

- Contact info so that our team can be in touch with any questions (this will not be made public)
- A recipe document with all the ingredients and cooking steps included
Please note that at least half the grain in the recipe must be whole grain and ingredients must be unbranded
- A beautiful photo of the finished recipe

2. Tell Your Audience about Whole Grains Month

We'd love to include your biggest fans in our celebration! Post about our Whole Grain Passport contest on social media using **#WholeGrainsMonth** throughout September or send your followers straight to our event site, WholeGrainsCouncil.org/month, for more information about playing for a chance 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](#) and [@wholegrains_council](#) on Instagram and [@OldwaysPT](#) on Facebook.

Graphics & Other Resources

Looking for graphics and resources to share? Check out our [Whole Grains Month media kit](#) for social media tiles, banners, whole grain statistics, and more. Share our [Guess the Grains Quiz](#), or one of our [whole grain handouts](#). And if you're looking for something specific and can't find it, just reach out (caroline@oldwayspt.org). We'll do our best to help!