

JANUARY



Your Easiest Resolution for the New Year

This year, make a resolution that's actually easy to keep – eat more delicious whole grains! With delicious NABISCO products made with whole grains – like belVita Breakfast Biscuits, TRISCUIT crackers, WHEAT THINS snacks, NEWTONS fruit chewy cookies, and HONEY MAID Graham crackers – getting more whole grains is a resolution you can keep.

FEBRUARY



Warm Your Loved One's Heart This Valentine's Day

Looking for a sweet gift idea for Valentine's Day? Why not surprise your loved ones with a delicious homemade treat. Chocolate-Pretzel Breakaways* made with HONEY MAID Chocolate Graham crackers, chocolate and pretzels will warm your Valentine's heart. Place in a gift box and decorate with a red ribbon.

MARCH



Whole Grain Sampling Day Made Easy

Mark your calendar for Whole Grain Sampling Day on March 30! Choose from a variety of delicious NABISCO products made with whole grains to sample. TRISCUIT crackers, WHEAT THINS snacks, belVita Breakfast Biscuits, HONEY MAID Graham crackers, and NEWTONS fruit chewy cookies make it easy to get more whole grains each day.

APRIL



Making Game Night Wholesome

Got people coming over to watch the big game? Break out the WHEAT THINS TOASTED PITA Original Oven Baked crackers and an easy Sun-Dried Tomato-White Bean Dip* for a crowd-pleasing snack that scores 10g of whole grain with 17 crackers. Ready in 10 minutes, it's guaranteed to keep you in the game instead of in the kitchen.

MAY



Celiac Awareness Month: Gluten-Free Grains

Gluten-free doesn't mean grain-free! For those following a gluten-free diet, it's still important to reach the recommended 48g of whole grains each day. RICE THINS BROWN RICE Sea Salt & Pepper Thin Rice snacks are gluten-free and provide 19g of whole grain per serving.

JUNE



A Wholesome, Fun Family Picnic

Summer is the time to get outside and enjoy a family picnic. Fill your basket with crunchy TRISCUIT crackers, savory WHEAT THINS snacks, and lightly sweet HONEY MAID Graham crackers. Bring along a variety of cut vegetables and fruit, as well as wholesome spreads. Your family will have fun creating their own delicious combinations.

JULY



Whole Grains on the Grill

If you love to try new things on the grill, wrap up HONEY MAID Graham crackers, chocolate and marshmallows in aluminum foil* and enjoy with the whole family. It's a delicious way to get whole grains and the camping experience without having to sleep in a tent.

AUGUST



Wholesome Playdate Snacks Kids and Adults Can Enjoy

Planning a playdate can be stressful. Make things easy with some simple snacks that will be sure to please all your guests, like TRISCUIT crackers topped with low-fat cream cheese, HONEY MAID Graham crackers with yogurt, and some Blueberry Flavored NEWTONS fruit chewy cookies.

SEPTEMBER



Whole Grains Month with Gluten-Free Grains

Whole grains are important, even if you're following a gluten-free diet. Try RICE THINS BROWN RICE Sea Salt & Pepper Thin Rice snacks, a delicious gluten-free snack that's made with whole grain and baked for a wholesome crunch.

OCTOBER



Spooktacular Whole Grains for Kids

For a delicious trick, have children create spooky ghosts by decorating HONEY MAID Graham crackers with low-fat plain yogurt and blueberries.

NOVEMBER



Keep the Holiday Going with Whole Grains

Chances are, you'll end up with a fridge full of turkey and sides after your Thanksgiving meal. Keep the holiday going with a wholesome snack of turkey, brussel sprouts (or any vegetable you have left over) and cranberry sauce on top of a delicious TRISCUIT cracker* made with whole grain.

DECEMBER



Cozy Up for the Winter with Whole Grains

It's soup season! Instead of a roll, try dipping with WHEAT THINS snacks or TRISCUIT cracker varieties. It's a great way to take your favorite soup's flavor to the next level while getting you closer to the 48g of whole grains you need as part of a balanced diet.