



Whole Grains for a Whole Future

Celebrate Whole Grain Week

17-23 November | Whole Grain Day – 19 November

Join the GLNC in celebrating Whole Grain Week, as we champion Whole Grains for a Whole Future, highlighting the role whole grains play in supporting a healthier today and a better tomorrow.

With 75% of Australians not meeting the daily recommended intake of 48g, it's critical we close the gap through education and food system action.

Key Messages:

1. Providing essential nutrients, whole grains support growth, development, and overall health across the lifespan.
2. Regular consumption is associated with reduced risk of cardiovascular disease, type 2 diabetes and bowel cancer.
3. Whole grains are among the most affordable core foods, making them a practical choice for improving dietary quality at scale.



How to Get Involved

There are plenty of simple ways you can celebrate with us:

1. Use our ready-to-go resources

We've created a range of assets to make participation easy:

- Social media tiles
- Sample captions and newsletter copy
- Fact sheets and resources
- GLNC Whole Grain Week Recipe Book

2. Share the message

Use your platforms to share the benefits of whole grains and encourage healthier dietary patterns.

Make sure to tag us!



@Grainslegumesnutrition
council



@GrainsLegumesNC



Grains and Legumes
Nutrition Council

Use hashtags:

#WholeGrainWeek2025

#WholeGrainsforaWholeFuture



Social Collateral

Suggested Copy 1:

Happy Whole Grain Week!

This year, we're celebrating the theme Whole Grains for a Whole Future, highlighting the benefits of whole grains for a healthier today, and a better tomorrow.

Whole grains provide 26+ essential nutrients, support growth and development, and are linked to lower risk of heart disease, type 2 diabetes, and bowel cancer.

With 3 out of 4 Australians not getting enough, there's never been a better time to make whole grains part of everyday eating.

Check out GLNC's brand new Whole Grains eBook and discover easy ways to enjoy more whole grain goodness by following

@GrainsLegumesNutritionCouncil
#WholeGrainWeek2025
#WholeGrainsForAWholeFuture

Suggested Copy 2:

It's Whole Grain Week (17–23 November) and we're celebrating with

@GrainsLegumesNutritionCouncil
The theme, Whole Grains for a Whole Future, reminds us that what we eat today shapes our health tomorrow.

#WholeGrainWeek2025
#WholeGrainsForAWholeFuture

Suggested Copy 3:

Whole grains provide more than just fibre. They're packed with B vitamins, iron, magnesium, antioxidants, and more. Most Australians aren't eating enough whole grains. It's time to change that. #WholeGrainWeek2025
#WholeGrainsForAWholeFuture

Suggested Copy 4:

Oats for brekkie, whole grain wraps at lunch, brown rice for dinner are some easy swaps that make a big difference!

Eating more whole grains doesn't mean giving up your favourites, just choosing whole versions more often.

Need inspiration? GLNC's Whole Grain Week eBook has tasty, dietitian-approved ideas to get you started.

Head to the GLNC website to download it now!

#WholeGrainWeek2025
#WholeGrainsForAWholeFuture



Newsletter Collateral

Suggested Copy 1:

Join the Grains & Legumes Nutrition Council (GLNC) in celebrating Whole Grain Week, as we champion Whole Grains for a Whole Future, highlighting the powerful role whole grains play in supporting a healthier today and a better tomorrow.

Whole grains provide over 26 essential nutrients and are linked to a reduced risk of cardiovascular disease, type 2 diabetes, and bowel cancer. They're also one of the most affordable core foods, making them an important part of the solution to improving dietary quality across the population.

With 75% of Australians still not meeting their recommended whole grain intake, there's never been a more important time to raise awareness and support healthier eating habits across all life stages.

Download the Whole Grain Week eBook, resources and more on their website [here](#).



[Download
images here](#)

Thank You

Have any questions?
We'd love to hear from you.

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