



At Parish Rice, our goal is to provide your customers with high-quality, Louisiana-harvested rice that does more than taste good. Our rice provides added health benefits not found in other consumer rice brands, and is just as easy to prepare.

**53%
MORE
PROTEIN**

**LOW
GLYCEMIC
INDEX**

**GROWN
IN THE
USA**

**GMO
FREE**

ABOUT



Michael Frugé was born and raised on his family's farm in Eunice, Louisiana. After years of farming alongside his father, Raymond Frugé, the dream of branding his own rice became a reality. Together with

his wife Sarah, they are proud to offer Parish Rice directly from their second-generation family farm to tables across the country.

MICHAEL FRUGÉ - OWNER/FARMER

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VICTORIA CALLAHAN - SALES

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BENEFITS

- 53% more protein
- Low glycemic index
- GMO free
- Louisiana grown with complete traceability
- Has low amounts of sodium, fat, and cholesterol
- Good source of energy
- Promotes heart health
- Easy to prepare and tastes amazing!

[ParishRice.com](https://www.ParishRice.com)

[/ParishRiceUSA](https://www.ParishRice.com/ParishRiceUSA)

MEDIA

- LSU AgCenter | [LINK](#)
- RazorBranding Podcast | [LINK](#)
- RiceFarming | [LINK](#)
- LSU AgCenter Facebook | [LINK](#)
- The Daily Advertiser | [LINK](#)
- Louisiana Radio Network | [LINK](#)
- Crowley Today | [LINK](#)
- The Advocate | [LINK](#)
- The Acadiana Advocate | [LINK](#)
- This Week In Louisiana Agriculture | [NA](#)

Parish Rice is perfect for those trying to eat healthier while still enjoying their current lifestyle. Whether they have health concerns such as diabetes, are an athlete in training, or just want to feel better about what they're eating, Parish Rice is the perfect choice for your dinner table.

