**Food For Learning Snack Baskets**

**Donation Ideas & Suggestions**

Low Sodium V8 Cans

Cases or Bags of Apples

Cases or Bags of Oranges

Fruit Cups

Low Sodium Triscuits

Wheat Thins

Rice Crackers

Individual Peanut Butter

Individual Strawberry Jam

Trail Mix

All Bran Bars

Fruit Source Bars (with veggies = first choice)

Fruit Source Bites

Beef Jerky

Kellog’s Breakfast Bars

Blue Ribbon Microwavable Popcorn

Healthy Muffins

Yogurt or Yogurt Tubes

Rice Krispie Cake or Treats

Pretzels

Chewy Fiber 1 Bars

**Recommended Daily Amounts (RDA) & Other**

**Nutritional Standards We Strive For At SHS:**

**Carbohydrate/Protein Combinations** to help regulate blood sugar levels

**“5 & 25” Rule:** If a label says one serving supplies 5% or less of the daily value, that's a good thing for nutrients you want to avoid such as saturated and trans fat, added sugars and sodium. But it's not ideal for fibre, vitamins and minerals, nutrients that you want to consume more of. If one serving of a food supplies 25% or more for vitamins A and C, calcium, iron, or fibre, it's an excellent source of these nutrients.

|  |  |
| --- | --- |
| **Trans Fats**(Includes hydrogenated & partially hydrogenated on label) | Zero Allowed  |
| **Aspartame**  | Zero Allowed |
| **Saturated Fat** | Less than 5% |
| **Cholesterol** | Less than 5% |
| **Sodium** | 1 tsp = roughly 2300mg/day |
| **Fiber** | Higher the Better = 25g/day min. |
| **Protein** | Higher the Better = 0.8 g/kg body weight min. |
| **Added Refined Sugar** | 6 tsp/day = 30g/day (1 tsp = roughly 5g) |

**Food For Learning Baskets**

**CO-OP Grocery List**

Low Sodium V8 Cans

Bags of Apples or Oranges

Fruit Cups

Low Sodium Triscuits

Wheat Thins or Bretons

(When On Sale)

Rice Crackers

(Cheese and Regular)

Trail Mix

(Olympia? preference)

All Bran Bars

Fruit Source Bars

(with veggies = first choice)

Fruit Source Activ Bars

Kellog’s Breakfast Bars

Yogurt or Yogurt Tubes

Rice Krispie Cake Treats

Chewy Fiber 1 Bars

Pretzels

**Food For Learning WHOLESALE Grocery List**

Low Sodium V8 Cans

Cases of Apples

Cases of Oranges

Fruit Cups

Low Sodium Triscuits

Wheat Thins or Bretons

Rice Crackers

Beef Jerky

Cases of Individually Pkg Strawberry Jam & Peanut Butter

Trail Mix

All Bran Bars

Fruit Source Bars (with veggies = first choice)

Fruit Source Bites

Fruit Source Activ Bars

Kellog’s Breakfast Bars

Blue Ribbon Microwavable Popcorn

Yogurt or Yogurt Tubes

Rice Krispie Cake Treats

Chewy Fiber 1 Bars

Pretzels

Buy from the lists above in any combination that fills an ENTIRE CART each time you shop☺

Thank You for Only Taking ONE Snack

A Day ☺

Out Of Respect For Other Students - Along With The Fabulous Donors Who Provide Your Snack!