



GIVING THE GIFT OF HEALTH

Good news! It doesn't have to cost more to choose healthier foods for yourself or for a food drive. Buying to prepare a healthy meal can be more affordable than buying processed & pre-made foods. You can spend about the same for nearly *double* the servings of the nutrient-dense foods...

A great reason to 'Give the Gift of Health' to yourself & others!

Choice		SuperFood Choice!	
Instant Oatmeal Fruit & Cream (10 servings)	\$2.99	<b>Rolled Oats</b> (30 servings)	\$3.29
Buttered microwave Popcorn (17 servings)	\$3.49	<b>Natural yellow popping corn</b> (24 servings)	\$1.99
Canned Refried Beans (3.5 servings)	\$1.29	<b>Dried black or garbanzo beans</b> (12 servings)	\$1.79
Canned potatoes (3.5 servings)	\$0.99	<b>Mixed canned veggies-no salt</b> (3.5 servings)	\$0.89
Fruit Snacks (6 servings)	\$2.29	<b>Natural dried raisins</b> (17 servings)	\$3.99
Pear slices-heavy syrup (3.5 servings)	\$1.49	<b>Natural applesauce</b> (5 servings)	\$1.99
Pre-made Pasta Mix (2.5 servings)	\$1.39	<b>Whole grain spaghetti</b> (7 servings)	\$1.59
Hot Cocoa Mix (20 servings)	\$3.49	<b>Green tea</b> (40 servings)	\$4.99
Flavored Ready Rice Mix (2.5 servings)	\$1.59	<b>Brown rice</b> (22 servings)	\$2.39
Canned roast beef (2 servings)	\$4.29	<b>Chunk light tuna in water</b> (4 servings)	\$2.69
Chocolate Chip Cookies (13 servings)	\$3.39	<b>Oat &amp; Honey Granola Bars</b> (6 servings)	\$2.49
Cocoa Crunchies Cereal (11 servings)	\$1.99	<b>Toasted Oats Cereal</b> (12 servings)	\$1.99
<b>TOTAL: 94.5 servings: \$ 28.68</b>		<b>TOTAL: 182.5 SuperFood servings: \$30.08</b>	

\*Note: Prices may vary slightly depending on store, sales, & brand choice