SuperKids for SuperFoods

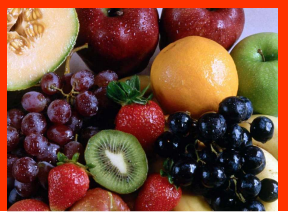
SHOPPING LIST

GRAINS: Kids need 6-11 servings a day

- ☐ Popcorn
- ☐ Whole/Multi grain Pretzels
- ☐ Brown Rice Cakes (various flavors)
- ☐ Whole Grain Gold Fish Crackers
- ☐ Trail Mix
- ☐ Granola/Granola Bars (snack size)
- ☐ Mini Cereal Boxes
- ☐ Whole Wheat Crackers
- ☐ Individual size Instant Oatmeal
- ☐ Graham Crackers

FRUITS: Kids need 2-4 servings a day

- ☐ Canned fruits packed in water not syrup
- ☐ Dried Fruits (preferably no added sugar)
- ☐ Individual size Applesauce (no sugar added)
- ☐ 100% Fruit Juice (individual size)
- ☐ 100% Fruit Leather



VEGETABLES: Kids need 3-5 servings a day

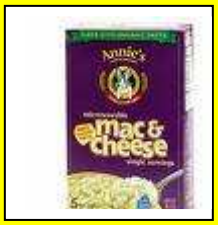
- ☐ Dried vegetable chips (little to no added salt)
- ☐ Low sodium soups (easy to open containers)
- ☐ Canned Corn
- ☐ Dried Edamame

MEAT & POULTRY: Kids need 2-3 servings a day

- ☐ Tuna or Salmon individually packed in water
- ☐ Low Sodium Turkey Jerky
- ☐ Dried Lima beans (no added salt)
- ☐ Nuts and Seeds (snack size, no added salt/sugar)
- ☐ Individual size nut butters (peanut, almond , etc.)

DAIRY: Kids need 2-3 servings a day

- ☐ Low-fat or Non-fat yogurt (snack size)
- ☐ Annie's Mac and Cheese
- ☐ Low-fat or 2% Milk boxes



Mission

Giving the Gift of Health by providing nutrient dense non-perishable food items to populations in need.

For more information, visit www.SuperfoodDrive.com