



Guiding StarsSM

Nutritious shopping made simple.SM

All Star snacks for you

What's your craving?

Select several of these tasty starred items and pack more nutrition into snack time.

Grapes
Apple slices
Banana
Orange
Pear
Raisins & other dried fruits
All natural apple sauce
Fruit cups

Any plain yogurt - Try with these great mix-ins.

Sliced almonds
Dried starred fruit
100% frozen fruit (Thaw before mixing in.)
Fresh fruit
Dash of vanilla extract

4 oz tapioca pudding

Popcorn
Chips
Pretzels
1 oz starred nuts
(Keep popcorn, chips, pretzles, & nut choices to 1-2 oz.)
Baby carrots
Celery sticks
Cucumber sticks
Multigrain & wheat crackers
Soy crisps
Whole wheat pita bread with hummus and veggies
Energy bars: Found in the grocery aisle or Nature's Place-
more than 100 fabulous starred choices to choose from!



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All Star lunch ideas

Whether you're at your desk or on the road, these snacks pack a nutritious punch, and rated well in our Guiding Stars program.

Grilled chicken on a bed of spinach, carrots, almonds, and cherry tomatoes
Multigrain roll
Apple

Hummus & veggie roll up: sprouts, tomatoes, cucumbers, red peppers, broccoli on a whole wheat wrap
1 cup of grapes
3 oz of sweet potato or veggie chips

1-2 starred frozen entrées (found in the freezer section)
Plain yogurt with dried fruit
1 oz almonds

Starred tuna on whole wheat bread
Small salad
1/2 cup tapioca pudding

1-3 star lentil or black bean soup
Multigrain roll
Orange
8 oz of skim milk

Cranberry & walnut side salad (found in our deli)
Hannaford chicken and broccoli penne (found in our deli)
4 oz unsweetened apple sauce

Starred frozen bean burrito
Plain yogurt mixed with blueberries and strawberries

90% lean ground beef hamburger on a whole wheat roll
Small mixed salad

Grilled chicken on a whole wheat tortilla made with carrots, spinach, tomatoes and light dressing
Apple

Starred macaroni and cheese
1 cup grapes
Side of broccoli