



Healthy Living at Hannaford

Fuel for School

Mix and match the snacks below.

1 GRAIN	1 FRUIT	1 PROTEIN/MEAT	1 DAIRY
Kashi TLC® Cereal Bar	Apple Slices (fresh or prepackaged)	1 slice Cabot® Cheddar Cheese	8 oz. 1%-2% Low-Fat Milk
3 cups Wise® Lite Cheddar Popcorn	15 Grapes	1 oz. Beef Jerky	Dannon Danimals® Smoothie
Deli Flats® Bread Cinnamon Raisin	Chiquita™ Mini Banana	2 Tbsp. Peanut Butter	8 oz. Chocolate Low-Fat Milk
12 Mini Pretzel Rings	Motts for Tot® (40% less sugar) Juice Box	2 Tbsp. SunButter® Spread	8 oz. Silk® Soymilk (plain or flavored)
3/4 cup Kashi® Berry Blossoms™ or Honey Sunshine® Cereal	3 large or 6 small Strawberries	2 slices Deli Thin 'n Trim® Roast Beef	1 GRAIN + 1-2 OIL
Mini Pita Pocket	100% Fruit Juice Frozen Fruit Bar	1/4 cup Shredded Cheese	10 Kashi® Crackers with 1-2 Tbsp. Hummus
Kashi TLC® Country Cheddar Crackers	Dole Mandarin Oranges Fruit Cup	6 slices Turkey Pepperoni	15 Cape Cod® Reduced Fat Potato Chips
1/2 English Muffin	8 oz. V-8 V-Fusion® Juice	1 oz. String Cheese	Wholly Guacamole® w/6 Kashi® TLC Honey Sesame Crackers
1 pkg. Kashi® Heart to Heart Oatmeal™	2 Tbsp. Raisins	1/4 Sunflower Seed Kernels	1 Dannon Danimals® Crush Cup™
1/2 cup cooked Multigrain Spaghetti	1/2 cup Motts® (no sugar added) Applesauce	1 oz. Cooked Meatball	8 Food Should Taste Good® Chips
2 Graham Crackers	FruitaBü® Smooshed® Fruit Roll (1 sheet)	2 slices Taste of Inspirations™ Turkey	
Clif Kid™ ZBar	Dole® Pineapple Tidbits w/100% Juice Cup	1 Natural Hot Dog/VeggieDog	1 GRAIN + PROTEIN/MEAT
5 Kashi® Heart to Heart™ Crackers	1/2 cup Blueberries	2 Tbsp. Parmesan Cheese	1 slice Cheese Pizza or English Muffin Pizza
5 Mini Rice Cakes	1 cup Cubed Melon	40 Peanuts	4 MorningStar Farms™ Chik'n Nuggets
			6 Homemade Peanut Butter Crackers
			Kashi TLC® Trail Mix Chewy Granola Bar



Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.