



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	1 GRAIN + PROTEIN/MEAT
Clif Kid™ ZBar	Dole® Pineapple Tidbits w/100% Juice Cup	1 Natural Hot Dog/VeggieDog	1 slice Cheese Pizza or English Muffin Pizza
5 Kashi® Heart to Heart™ Crackers	1/2 cup Blueberries	2 Tbsp. Parmesan Cheese	4 MorningStar Farms™ Chik'n Nuggets
5 Mini Rice Cakes	1 cup Cubed Melon	40 Peanuts	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.



Healthy Living at Hannaford

Breakfast

The most important meal of the day (especially for kids)! Would you run your car with no gas? Don't let your kids go to school without the proper fuel! Here are some reasons why breakfast is so important for the growing mind.

- Studies show that children who eat breakfast regularly do better on cognitive tests than those who don't.
- Eating breakfast has been shown to help maintain a healthy weight. An ideal breakfast combines complex high-fiber carbohydrates with lean protein and healthy fat. Whole-grain cereals, breads and waffles give you the fiber you need to work toward your recommended daily amount of 17-31 grams. These slow-digesting carbohydrate choices keep you fuller longer, which helps you stay satisfied until your next meal. The right protein and fat help with this too.
- Breakfast sets the pace for a day of good eating all day long.

Easy, quick breakfasts:

- Kashi Instant Oatmeal, half a banana
- Breakfast Banana Split (see recipe here)
- Smoothie-
frozen strawberries
Dannon Yogurt
1/4 cup Tropicana Orange Juice,
2 tablespoons flaxseed
- Whole-grain Kashi cereal, low-fat milk (cow, almond or soy) and berries
- Whole-wheat toast or Kashi 7-Grain Waffle topped with Promise Buttery Spread and berries, and 4-6 oz Tropicana Orange Juice

Breakfast Banana Split

Ingredients:

- 1 banana
- 1/2 cup strawberries, sliced
- 1/4 cup blueberries
- 6 oz Dannon Lowfat Yogurt (any flavor)
- 2 tablespoons Bear Naked Granola

Directions:

- Peel banana; slice lengthwise. Place banana in serving dish and separate halves. Place half strawberries and blueberries on banana slices. Gently spoon yogurt over berries. Top with remaining berries; sprinkle with granola.



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