

## Food on the 15<sup>th</sup> Wish List

**Please help us by checking expiration dates.**

**Pre-K** -- Pasta: whole grain pasta

**Kindergarten** -- Canned fruit with no sugar added, in natural juice, or with Splenda. Natural, unsweetened apple sauce.

**1<sup>st</sup> Grade** -- Canned tuna in water or canned chicken

**2<sup>nd</sup> Grade** -- Canned beans (low sodium)

**3<sup>rd</sup> Grade** – No-sugar-added jams and jellies (in plastic containers)

**4<sup>th</sup> Grade** – Canned vegetables (low sodium or no sodium added)

**5<sup>th</sup> Grade** – Canned or boxed soup (low sodium and low fat) -- Please **no** Ramen or Cup a Noodles, which tend to be high fat, high carb, and too much salt.

**6<sup>th</sup> Grade** -- Pasta sauce in plastic jars or in cans – please, no glass jars

**7<sup>th</sup> Grade** -- Cereals: Cheerios, Total – whole grain cereals – NOT sugar sweetened. Store brands are fine.

**8<sup>th</sup> Grade** – Peanut butter in plastic jars (low sodium or low sugar preferred)

Students are welcome to bring the item listed for their grade and any other items from the Wish List that their family would like to contribute.

*Food on the 15<sup>th</sup> also appreciates:*

**Grains**: Oatmeal, barley, rice, any plain whole grains (with nothing added)

**Sugar substitutes**: Splenda Equal, Sweet and Low.

**Condiments**: fat free and low fat mayo (in plastic containers)

**Miscellaneous**: Sugar free jello, sugar free pudding, low carb crackers

**Hotel (travel size) toiletries**

*Thank you!*