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The Food Bank is working to end hunger in our community with the food, people and big ideas needed to guarantee that no one worries where their next meal is coming from. Since 1979, we've been providing food for a growing network of nonprofit partners- including food pantries, community kitchens, childcare centers, night shelters and senior centers. We currently serve more than 600 partners in 29 counties across metro Atlanta and north Georgia.

We mobilize food. We're working to ensure all members of our community have access to nourishment and can pursue a healthy and productive life. We receive and distribute food and grocery products to our partners each year -enough for 59 million meals.

We mobilize people and communities. We're engaging donors, volunteers, community groups, concerned residents and others to create a movement to end hunger across metro Atlanta and north Georgia. More than 30,000 volunteers give their time to the Food Bank each year.

We mobilize ideas. We're finding new solutions and inspiring our neighbors to help end hunger in our community. We have been serving people in need for over 40 years, building partnerships, growing resources, and changing hearts and minds around the urgency to solve hunger.

Want more info? Visit acfb.org

# Facilitator Guide

\*Contact Atlanta Community Food Bank's Education team with any questions at education@acfb.org

### Overview

Millions of people are struggling with food insecurity in this country. Food insecurity means not having access to enough nutritious food to lead an active, healthy life. These food insecure neighbors, friends and fellow citizens are also disproportionately impacted by diet-related diseases such as diabetes and high blood pressure. The Community Food Experience simulates some of the barriers to access people face and explores the impact food insecurity has on community health. As a discussion based activity, it also encourages taking action and becoming part of the solution to this complex yet addressable community health issue.

## Description

The Community Food Experience can be facilitated with groups of 25–50 people ages 12 to adult. There are 15 Community Member roles and 8 Merchant/Service Provider roles. Community Members are asked to purchase, or access through community services, a daily allowance of nutritious food. Each Community Member has a unique scenario that may include having children, a health condition, being a senior citizen and more. Some Community Members have access to transportation and nutrition programs and some do not. Through this simulation experience, participants begin to understand the complexity of hunger and food security issues and explore the impact it can have on individuals and communities. It is a powerful tool to engage, educate and empower the community to take action through service and advocacy.

This simulation can be adapted to a variety of spaces, locations and group sizes. We encourage you to be creative!

# Objectives of this Simulation

- To identify major barriers to food security through a discussion-based activity.
- To explore the relationship between poverty and hunger.
- To illuminate the impact food insecurity has on health outcomes.
- To illustrate how to identify foods for a nutritious diet based on nutrition label and MyPlate recommendations.
- To promote the importance of a healthy diet for optimal community food security.

# Simulation Materials and Kit Assembly Instructions

It is important to carefully read and review all materials (community member profiles, instructions, etc.) prior to facilitating this activity.

If you plan to use this simulation more than once, we recommend that once all the materials are printed and assembled, you use pocket folders for each Community Member Profile and larger, sturdy pocket folders for Merchant/Service Provider instructions and materials. A file folder box can be utilized to store materials for future use. You will have to reprint some of the packet materials each time you facilitate the simulation.

#### Materials Needed But Not Included

- Multiple calculators (for both Merchant packets and Community Members to use)
- Pens/pencils
- Masking tape or paint tape for hanging signs and defining boundaries
- Flip Chart/Whiteboard for defining terms and capturing reflections
- Flip Chart Markers
- 1 Large Room
- 1 Table and 1-2 chairs for each Merchant/Service Provider
- 6 Chairs to represent Bus Station and 3 Chairs to represent Bus Stops
- 6 Chairs for SNAP Office waiting area
- 6 Chairs for WIC Clinic waiting area
- Tables and chairs for Home Base # depends on the size of the group and your room space

# Facilitator Guide Packet (Print one copy for Facilitator)

### Includes:

- Overview
- Description
- Instructions
- Helpful Hints
- Room Setup
- Discussion Guides
- Merchant/Service Provider Packet Materials
  - Role Descriptions and Instructions
  - WIC Vouchers and Food Cards (Food Tiger, Corner Store, Food Pantry and Community Kitchen meals)
- Merchant and Service Provider Signs
  - Community Kitchen
  - Corner Store
  - Food Tiger
  - SNAP Office (Supplemental Nutrition Assistance Program)
  - VITA Office (Volunteer Income Tax Assistance)
  - Food Pantry
  - WIC Clinic (Women, Infants and Children Nutrition Program)
- Bus Stop Signs
  - Home Bus Station
  - Food Tiger Bus Stop
  - SNAP/VITA Bus Stop
  - Food Pantry/WIC Bus Stop

# **Materials for Packets**

# 15+ Community Member Profiles:

If you have a group larger than 23 total participants, you will need to print additional/duplicate Community Member profiles. It may be helpful to put profile sheets in pocket folders, so each Community Member has a place to store food cards, vouchers, etc.

# 8 Merchant & Service Provider Packets:

### **Corner Store**

- Corner Store sign
- 1 Role description and instructions
- 1 "Closed" sign
- Multiple Corner Store Food Cards (minimum of 10/each food item)
- 1 Calculator
- 1 Pen

# **Food Tiger**

- Food Tiger sign
- 1 Role description and instructions
- 1 "Closed" sign
- Multiple Food Tiger Food Cards (minimum of 20/each food item)
- 1-2 Calculators (sometimes need more than one cashier)
- 1-2 Pens

#### **Bus Driver**

- Home Bus Station sign
- 3 Bus Stop signs
- 1 Role description and instructions
- 1 Bus Driver Badge
- 20 Bus Tokens
- 20 Bus Receipts
- 1 Pen

## **Community Kitchen**

- Community Kitchen sign
- 1 Role description and instructions
- 15+ Free Meal Food Cards
- 5 Bus Tokens
- 1 EITC/CTC Eligibility Sheet
- 1 WIC Eligibility Sheet
- 1 SNAP Eligibility Sheet
- 1 "Closed" sign
- 2 Pens

### **SNAP Office**

- SNAP Office sign
- 1 Role description and instructions
- 15+ SNAP Applications
- 2 SNAP Eligibility Sheets
- 3-4 Pens

### **WIC Clinic**

- WIC Office sign
- 1 Role description and instructions
- 15+ WIC Applications
- 15+ Nutrition Education Sheets
- 2 WIC Eligibility Sheets
- 20+ WIC Vouchers
- 3-4 Pens
- 1 WIC sign-in sheet

# **Community Food Pantry**

- Community Food Pantry sign
- 1 Role description and instructions
- 15+ Food Pantry Applications
- Food Pantry Food Cards: 5- Mac and Cheese, 5- White Bread, 5- Canned Tuna, 5- Tomato Sauce, 5- Pasta, 5- Black Beans and 5- Brown Rice
- 3-4 Pens

# VITA Site (Volunteer Income Tax Assis-

## tance)

- VITA Site sign
- 1 Role description and instructions
- 15+ Worksheets
- 3-4 Pens

# Facilitator Instructions

# **Preparation**

It is important that the facilitator is familiar with all Community Food Experience (CFE) instructions, materials, and discussion guide in order to effectively lead the experience.

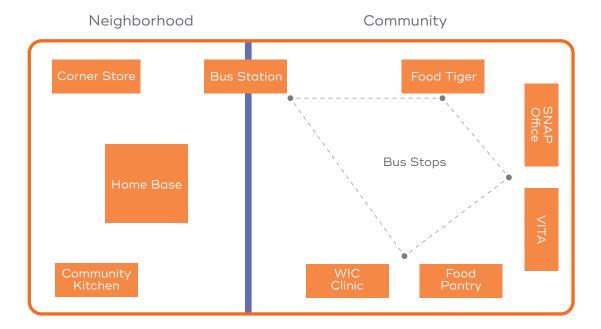
# **Prior to the Group Arriving**

- Prepare 15+ Community Member and 8 Merchant and Service Provider packets with all packet materials. (listed on page 6)
- It is suggested that facilitator prepare 5-10 extra Community Member packets and have 10-20 extra applications for service providers in case group is larger than expected.
- Be certain you have checked the Materials List and have all the materials that you need.
- Set up room based on room set up description below.

### Room Set Up

Room set up can vary depending on the size and shape of the room and the tables you have available to you. It is important that the room is divided into two sides which represents two parts of the community – one a neighborhood where community members can walk to merchants and service providers and the other in a part of town where transportation is required.

- You'll need tables for Home Base (# of tables depends on the size of the group) and 1 chair for each Community Member participant.
- Have pens/pencils and calculators available at Home Base.
- You'll need 1-2 Tables and 1-2 chairs for each Merchant or Service Provider.
- A flip chart is helpful to capture thoughts and notes during introduction and during the discussion at the end of the experience.
- You can use a long table or masking tape to distinguish the line between the two sides of the room. It is important that the boundary is clear.



# **Facilitator Instructions to Participants**

- Welcome participants and have them all sit in the Home Base area
- A discussion activity that can be helpful in framing this simulation is called Food and Life and it is included in our Hunger 101 Curriculum and available online at acfb.org. Food and Life ask participants to think about all the different ways that food creates meaning in our lives: tradition, memories, culture, faith, love, etc. It is important to recognize that food and having the ability to access food is more than accessing nutrition. The food we eat often expresses who we are and where we come from.
- Introduce the CFE as a simulation and explain the objectives: to explore the relationship between poverty and hunger, to identify the major barriers to food security and to increase awareness of the link between food security and health.
- One goal for this activity is for each Community Member to attempt to acquire a daily allowance of nutritious food that enables them to fulfill both their specific nutrition recommendations on their profile sheet and their MyPlate. (Both on profile sheet)
- Explain the timeline of the simulation: Approximately 10-15 minutes for instructions and packet distribution, 30 minutes for the activity and 15 - 20 for debrief discussion.
- Explain the two main areas of the simulation: the neighborhood where no transportation is necessary and the wider community which requires transportation (Bus or Car).
- Review the room set up and the different Merchants and Services in the community. Again, make sure they are clear about which areas they can walk to and which areas require transportation (transportation options include bus tokens, bus pass or a car).
- Let participants know they can walk to the Bus Stop and explain the bus route:
  - First Stop Food Tiger
  - Second Stop- SNAP Office & VITA
  - Third Stop- Food Pantry & WIC Clinic

- Explain that everyone will be assigned a role either as a Community Member or a Merchant or Service Provider.
- Briefly review both sides of Community Member Profile Sheet-
  - Role description, Financial Guide and Transportation (If a Community Member has transportation it will be noted here).
  - MyPlate and Nutrition Recommendations. Remind participants that the goal is to build a balanced diet for one day and be able to check all the food groups on the MyPlate by the end of the simulation.
  - Wallet explain that this is where any cash or benefits received or spent by the Community Member will be recorded. The Wallet will need to be presented each time they purchase food or receive benefits.
  - It is imperative that they have their Community Member profile sheet with them at ALL TIMES.
  - Explain that some Community Members may have health issues and that all Community Members have nutrition recommendations specific to their health state.
  - Hold up a Merchant or Service Provider Packet and explain that it includes description, instructions and all materials necessary for set up.
- Briefly review and define a few key terms:
  - **Food Security:** access to enough nutritious food to lead an active, healthy life. Food security includes, at a minimum, the ability to acquire acceptable foods in socially acceptable ways (that is, without resorting to emergency food supplies, scavenging, stealing, or other coping strategies). The USDA measures food security as high, marginal, low or very low food security.
  - Food Insecurity: limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.
  - **Poverty:** In the United States, being in poverty is officially defined as having an income below a federally determined poverty threshold. Poverty thresholds were developed in the 1960s and are adjusted annually to account for inflation.
  - **VITA:** Volunteer Income Tax Assistance a service that provides free tax preparation assistance to people who have low to moderate incomes.
  - EITC: Earned Income Tax Credit a benefit for working people who have low to moderate income. It reduces the amount of tax you owe and may also give you a refund that can be used toward expenses. Supporting a State Earned Income Tax Credit (Georgia Work Credit) is a policy priority of the Atlanta Community Food Bank.
  - **CTC:** Child Tax Credit can potentially reduce a working family's federal income tax by a certain amount/child by allowing families to keep that income and use towards food and other household expenses.
  - **SNAP:** the Supplemental Nutrition Assistance Program (formerly known as Food Stamps) a federal nutrition program that provides millions of eligible low income families and individuals with financial assistance for food purchases only. **Protecting SNAP is a policy priority of the Atlanta Community Food Bank.**
  - WIC: Special Supplemental Nutrition Program for women, infants and children up to age 5. This program helps connect young children and pregnant and nursing mothers to more nutrition at a critical time. Supporting and increasing participating in the WIC Program is a policy priority of the Atlanta Community Food Bank.

- Please emphasize the need to approach this simulation, everyone participating and the scenarios represented with respect and care. Some of us may be experiencing food insecurity, or have experienced food insecurity at some point in our lives. This simulation was created to raise awareness, empathy and to be a call to action.
- Stop to see if there are any questions about instructions or terms.
- First, assign all the Merchant and Service Provider positions in the community. Some positions require more skills than others. It is important and helpful for the facilitator to be familiar with each of the simulation roles/positions. If this is a youth group, it can be helpful to have adults assigned as Bus Driver, VITA Coordinator, SNAP Office Staff and WIC Clinic Staff positions. As Merchant and Service Provider jobs are assigned, give them their packets, ask them to go to their locations, read their instructions carefully and set up. Check in with them all before the activity begins. The number of people at each merchant and service provider station may need to be bumped to 2 or 3 if group has a lot of people (40–50).
- Everyone else will be receiving a Community Member Profile. There are 15 different community member roles. If you have a large group, you can make additional copies of these 15 different roles. Distribute the profiles to Community Members in numerical order 1-15, if you have a larger group and need to make additional copies, be sure you don't have all the 1's or all the 3's, etc. sitting next to each other.
  - Ask all the Community Members to read their profile information carefully and check their budgets. Explain that due to time constraints, you will try to acquire enough food for one person for one day. (Acquiring food for one person can be confusing to some participants since their profile may include a family with children and they may be accessing nutrition programs due to the fact that they have children. Community Members are supposed to keep the entire family in mind, but in order to track their access to nutrition and progress in the limited timeframe of this activity, they only need to shop for one person.)
  - Explain to all participants that you will be circulating and available to answer any questions.
  - After checking in with merchants and services, let Community Members know
    that once they have carefully reviewed and checked their budgets, their day has
    officially started and they should be seeking and acquiring the food they need.
  - Explain that you will be keeping time and will let them know when they need to head back to Home Base.

# **Helpful Hints for Facilitators**

- Keep circulating during the simulation to be sure people are clear about instructions, to observe interactions and help if there are frustrations or conflicts.
- Some confusion and chaos is normal as Community Members try to figure out where to go and what to do first.
- Encourage Community Members to be creative if they hit a challenge, see if they can come up with their own solutions, or suggest they talk to their fellow Community Members to get answers.
- Make sure Merchants and Service Providers are clear about what they are supposed to do.
- If someone says they are giving up early in the simulation or sits back at the Home Base, politely encourage them to give it another try. Make suggestions for next steps and cheer them on.

- The simulation should run for about 20-30 minutes, towards the end of that time, ask Merchant and Service Providers to shut down, even if people are still in line. This simulates the very real time constraints that people face every day. Let the Bus Driver know to complete one more full route before shutting down bus service.
- When time is up, get everyone's attention and have all the Community Members head back to Home Base. Make a point to identify anyone who is stuck without transportation.
  - Ask the Merchants and Service Providers to clean up their areas and put everything back in the packets.
  - Instruct the Community Members to use the nutrition label on their food cards to complete their MyPlate and see if they were able to meet their specific nutrition recommendations. Give the group about 5 minutes for these tasks.
  - Facilitator should circulate and provide assistance if necessary. Once a majority of participants are done with their MyPlate, begin debriefing activity.

# Facilitator Debrief Discussion Guide: Food Security Components

Here is a script/framework for guiding the discussion following the simulation. Additional resources and definitions of terms can be found in the Appendix:

There were 15+ different Community Member scenarios in this experience. They include adults and senior citizens, different family sizes and income levels and a variety of health states.

- How many of you were able to follow the nutrition recommendations given to you and build a complete MyPlate daily allotment of servings?
  - For those who did, did you need help? Who or what services helped you? (Capture reflections on a flip chart or white board for discussion purposes)
  - For those who weren't able to follow their nutrition recommendations or complete their MyPlate, what were the barriers you faced? (Capture key barriers on a flip chart of white board for discussion purposes.)
     Some examples:
    - No transportation
    - No money
    - · Ran out of time
    - Not eligible for nutrition programs or EITC/CTC
- What were the different government and community responses to food insecurity, hunger, and poverty that you experienced or learned about today? (Some of these may come out during the previous discussion question.)
  - Community Responses (several examples below)
    - Community Kitchens
    - · Benefits Outreach
    - Community Food Pantry
    - \/ITA
    - · Friend helped me

- Government Responses (several examples below and definitions)
  - SNAP (food stamps)
  - · WIC
  - · EITC
  - School Meals
  - Summer Meals
- What did you find surprising during the Community Food Experience today?
  - Was everyone eligible for the nutrition programs SNAP and/or WIC? (Income and family size have an impact on SNAP allotments. You may have had no extra income for food, but still earn too much to be eligible for SNAP. (To learn more about SNAP and eligibility fns.usda.gov/snap Could anyone get food from the Food Pantry? Was anyone turned away? Did you understand why you were turned away? Why might an organization only serve people in specific zip codes? (Charitable organizations often have their own individual eligibility criteria depending on their program and capacity.)
- Based on your experience today, how would you describe the relationship between food insecurity and poverty?
- Did anyone with a job make too much money to qualify for nutrition assistance, yet not have enough money for food?
- Many of you took on the role of Community Members who had children to take care of. In today's experience, you only had to access food for one person. What are some of the challenges you can imagine parents having as they try to meet the multiple needs of their families?

# Debrief Discussion Guide for Nutrition and Health State Components

- For those of you with a nutrition sensitive health state, how did having a health condition impact your experience?
  - Were you supposed to eat certain types of foods?
  - Were you able to follow the nutrition recommendations on your Community Member Profile sheet?
  - What are some ways that you can imagine your health state prescribed diets impacting your health and budgets?
  - What are some ways that food insecurity can impact on health? (See Appendix)
- What would the impact be on a diabetic person if they only have access to sugary snacks and/or carbohydrates? What about the impact on someone with prediabetes?
  - High blood sugar damages blood vessels and cells in the body and can lead to blindness, numbness, loss of limbs, kidney failure and other serious problems.
  - There is a documented increase in diabetes-related hospitalizations at the end
    of the month when SNAP benefits run out and individuals and families are no
    longer able to afford food [16].
  - The inability to afford nutritious meals on a regular basis may lead to over consumption of high calorie and low nutrient density foods, which may contribute to diabetes, heart disease, and other chronic illnesses.

- How does one's diet contribute to heart/cardiovascular disease?
  - Common dietary factors associated with heart disease are high intakes of saturated fat, trans fat, and sodium [21].
  - Individuals who live in communities with low access to fresh produce and other nutritious foods are at greater risk of heart disease.
- Who in the group had chronic kidney disease? What were some of the dietary restrictions/guidelines that you were given? Were you able to follow those guidelines?
  - For those who don't know, chronic kidney disease (CKD), also known as chronic kidney failure, describes the progressive loss of kidney function over time. Your kidneys filter waste and excess fluid from your blood and excrete them in your urine. When kidneys lose their function, they can no longer filter excess fluid and waste, leading to the build up of these harmful substances in your blood.
  - The two most common causes of CKD are uncontrolled diabetes mellitus and hypertension (high blood pressure over time).
  - People living in low healthy food access communities are disproportionately affected by chronic kidney disease. In this population, the disease progresses more rapidly as the individual typically does not have the resources to manage the disease [23].

# Final Wrap Up: So, What Can We Do?

There are so many ways to get involved in addressing hunger issues, increasing community food security and building healthier communities. Let's brainstorm! What ideas can you generate based on what you experienced today?

- Continue to learn and raise awareness: Take what you've learned today and continue to learn about and explore service opportunities within your community. Share what you learn with others. Need help or ideas? Visit acfb.org or email education@acfb.org.
- **Advocate** The Food Bank has 3 policy priorities that we highlight in the Community Food Experience:
  - 1) Protect SNAP (Supplemental Nutrition Assistance Program)
  - 2) Increase participation in WIC (Special Nutrition Program for Women, Infants and Children).
  - 3) Supporting a Georgia Work Credit (a State Earned Income Tax Credit) for low and middle income Georgians.
- How many of you know who your elected officials are? These officials represent you
  and your community on the local, state and federal level. The decisions they make
  impact whether a community has access to fresh food, whether people are eligible for
  nutrition programs, and more. Often these elected officials have limited experience
  with hunger and food insecurity and they need and welcome our input.
- Find out who your elected officials are at www.usa.gov, then click on government agencies and elected officials

- Volunteer— If you are in the Atlanta region, volunteer with the Food Bank and our network of partner agencies. Find our Agency Locator on our home page or our Volunteer Hub at acfb.org. If you are outside of our service area, find your region's food bank at Feeding America: http://www.feedingamerica.org/find-your-local-foodbank/
- **Donate-** For every \$1 donated, we can generate 4 meals for our community. You can donate at acfb.org.

# Appendix: Nutrition Education and Food Security Information, Terms, and Resources

- MyPlate is a tool developed by the USDA to help Americans make healthy food choices. It is a practical tool to help individuals understand what makes a healthy diet and to help nutrition educators teach the components of a healthy diet. ChooseMyPlate.gov is the accompanying website with more information on MyPlate and its components [1]. Each component of MyPlate is briefly described below.
  - The MyPlate **fruit group** includes all fresh, canned, frozen and dried fruits along with 100% fruit juice. MyPlate counts one serving of fruit as 1 cup of fresh fruit or juice or 1/2 cup of dried fruit. The number of servings needed depends on age, sex and physical activity.
  - The MyPlate **vegetable group** includes all fresh, canned, frozen, cooked and dried vegetables along with 100% vegetable juice. One serving of vegetable is equal to one cup of raw or cooked vegetables, one cup of vegetable juice or two cups of raw leafy greens. The number of servings needed depends on age, sex and physical activity.
  - The MyPlate dairy group includes all fluid milk, foods made from milk that
    retain their calcium content (such as cheese or yogurt) and calcium-fortified
    milk substitutes (such as soy milk). One serving of dairy is equal to one cup of
    milk, yogurt or soymilk or 1.5 ounces of cheese. The number of servings needed
    depends on age, sex and physical activity.
  - The MyPlate grain group includes all foods made from wheat, rice, oats, cornmeal, barley and other grains. Generally, this group is divided into "whole grains" and "refined grains;" whole grains contain the entire grain kernel and refined grains have been milled to remove the bran and the germ. Examples of whole grains are oatmeal, brown rice and any food with "100% whole grain" on the label. MyPlate recommends that at least half of all grains should be whole grains, as whole grains contain more fiber and micronutrients than refined grains. One serving of grain is equal to one slice of bread, one cup of cereal or one half cup of cooked rice or pasta. The number of servings needed depends on age, sex and physical activity.
  - The MyPlate protein group includes any food made from meat, beans, peas, lentils, eggs, soy, nuts and seeds. Beans and peas are also considered part of the vegetable group. One serving of protein is equal to one ounce of meat, one quarter cup of cooked beans, one egg, one tablespoon of peanut butter or one half ounce of nuts or seeds. The number of servings needed depends on age, sex and physical activity.

• The MyPlate fats group includes all fats and oils. These foods are made up of saturated and unsaturated fatty acids, which refer to their chemical composition. Fats that are solid at room temperature contain more saturated fats whereas fats that are liquid at room temperature (most oils) contain more unsaturated fats. One serving of fat is equal to one teaspoon of fat; most foods contain enough fat naturally to meet recommendations without adding extra fats to your foods. The number of servings needed depends on age, sex and physical activity.

# **Other Dietary Components**

• Sugar is a term that refers to a number of different sweeteners that appear to have varying effects on nutrition, health and weight status. While the effect of different types of sugars is unclear, it is likely that high consumption of added sugar in the United States contributes to high rates of diabetes, heart disease and other health conditions. As such, a separate box on the MyPlate has been included in this simulation to draw participants' attention to the amounts of sugar in foods. The main health concern is regarding sugars that are added to food to make it sweeter; it is unlikely that natural sugars in fruit, vegetables and dairy contribute negatively to overall health, and there is no evidence to support avoiding fruit or dairy because of sugar content. At the present time, there are no USDA guidelines regarding sugar because refined sugar and similar foods are not essential in the diet.

# **Nutrition & Food Security – How They Relate**

(Numbers in parenthesis indicate information found at source information on page 20)

## What is Food Security?

Food security is defined by the World Health Organization as, "when all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life." [13] This is different from hunger, which is the physiological state of being unfed that results in pain, discomfort, or illness past the typical feeling of wanting food. [14] Although hunger is one aspect of food security, the definition of food security encompasses both enough food to avoid feeling hungry and appropriate foods for a nutritious diet. [13]

# Food Security, Nutrition and Health Outcomes

The Community Food Experience is designed to give participants a comprehensive view of food security, beyond simply filling one's stomach, by incorporating nutrition as a key component of the experience. This is achieved through the use of MyPlate, the nutrition information on the food cards, and having profiles that may address a nutrition-related health state such as diabetes, heart disease, or chronic kidney disease. Food insecurity is associated with higher rates of chronic disease in individuals and communities. [15] The inability to afford nutritious meals on a regular basis, may lead to over consumption of high calorie and low nutrient density foods, which may contribute to diabetes, heart disease, and other chronic illnesses. [15]

# Food Security, Nutrition and Health Outcomes (continued)

Though there are nutrition assistance programs in the United States, such as SNAP (Supplemental Nutrition Assistance Program) and WIC (Women, Infants, and Children), these programs are often not robust enough to provide families with the food they need for the entire month. There is a significant increase diabetes-related emergency-room visits at the end of each month that is a direct result of insufficient SNAP benefits and the inability of the individual or family to afford food. [16]

For more information on nutrition and food security, visit the following sites:

- -http://www.eatright.org/resource/health/weight-loss/overweight-and-obesity/the-hungry-and-overweight-paradox
- -trac.org/WP-content/uploads/hunger-health-impact-poverty-foodsecurity-health-well-being.pdf

# **Disease States Explored in this Simulation**

#### **Diabetes**

Broadly, diabetes is a condition that affects the way a person's body uses food for energy. More specifically, diabetes affects a person's blood sugar as a result of inadequate insulin productivity. Insulin is a hormone produced by the pancreas that absorbs glucose, a component of all carbohydrate. There are three categories of diabetes: Type 1, Type 2, and Gestational Diabetes. In Type 1 Diabetes, the pancreas does not produce insulin; insulin is typically given to individuals with Type 1 to stabilize blood sugar along with dietary changes. Type 2 Diabetes occurs as a result of the body's inability to use the insulin that the pancreas produces or limited insulin production. Type 2 Diabetes is primarily controlled through diet, physical activity, and medication. Gestational Diabetes begins during pregnancy, possibly as a result of hormonal changes. Though it typically goes away after the baby is born, it increases the woman and the child's risk of Type 2 diabetes later in life [17].

Successful management of all types of diabetes is heavily dependent on one's ability to keep blood sugars at a consistent level throughout the day. When an individual is living in a community with low access to healthy foods or is unable to purchase the proper foods to manage diabetes, there can be serious health consequences [18]. High blood sugar damages blood vessels and cells in the body and can lead to blindness, numbness, loss of limbs, kidney failure and other serious problems. As mentioned in the, "Food Security, Nutrition, and Health Outcomes" section of this guide, there is a documented increase in diabetes-related hospitalizations at the end of the month when SNAP benefits run out and individuals and families are no longer able to afford food [16].

For more information on diabetes, visit the following sites: http://www.diabetes.org
http://ndep.nih.gov
http://eatright.org

### **Cardiovascular Disease**

Heart Disease, also called Cardiovascular Disease, is the leading cause of death in the United States [19]. Cardiovascular Disease refers to many conditions that affect the heart and blood vessels; for the purposes of the Community Food Experience we will focus on heart attacks and the diet and lifestyle risk factors for a heart attack. A heart attack, also called a myocardial infarction, occurs when the flow of oxygen-rich blood to the heart stops. This is often the result of a build-up of plaque, a wax-like substance, in the arteries that supply blood to the heart [20]. This build-up of plaque is called atherosclerosis and often takes many years to develop [20].

There are significant diet and lifestyle risk factors that lead to the development of atherosclerosis. These risk factors include smoking, high blood pressure, high blood cholesterol, lack of physical activity, diabetes, and dietary factors. These risk factors often occur at the same time and measures taken to reduce the impact of one risk factor can help with others. Common dietary factors associated with heart disease are high intakes of saturated fat, trans fat, and sodium [21]. Individuals who live in communities with low access to healthy foods are, by definition, unable to access healthy foods and this often increases risk of heart disease.

For more information on living with Cardiovascular Disease: www.heart.org
http://www.nhlbi.nih.gov
http://www.cdc.gov/heartdisease/

# **Chronic Kidney Disease**

Chronic Kidney Disease (CKD), also known as chronic kidney failure, describes the progressive loss of kidney function over time. Your kidneys filter waste and excess fluid from your blood and excrete them in your urine. When kidneys lose their function, they can no longer filter excess fluid and waste, leading to the build up of these harmful substances in your blood. The two most common causes of CKD are uncontrolled diabetes mellitus and hypertension (high blood pressure over time). Symptoms often go unnoticed until kidney disease is advanced; however, initial symptoms might include exhaustion, difficulty concentrating, poor appetite, muscle cramping at night and the need to urinate more frequently. There are different stages of CKD, ranging from the mildest form to the most severe. Stage five CKD is also called end stage renal disease (ESRD), which requires renal replacement therapy, such as dialysis or a kidney transplant.

The Community Member in the Community Food Experience with pre-ESRD requires a diet very different from someone with ESRD who is on dialysis. The pre-ESRD diet in the CFE is low in protein, though often there are strict requirements for micronutrients such as sodium, potassium, phosphorus, and others [22]. People living in low healthy food access communities are disproportionately affected by chronic kidney disease. In this population, the disease progresses more rapidly as the individual typically does not have the resources to manage the disease [23].

For more information on kidney disease, visit the following sites:

http://eatright.org

http://www.nlm.nih.gov/medlineplus/

http://nkdep.nih.gov https://www.kidney.org

# Community Member Packets

For a simulation with 23 participants, there will be 15 Community Members. For any other number of participants, be sure to adjust by making additional copies of Community Member Profiles.

Community Member financial, transportation and health information will be noted on their Community Member Wallet.

COMMUNITY MEMBER	\$	BUS TOKEN	BUS PASS	CAR	HEALTH STATE
1	\$1.50				Kidney Disease
2	\$2.35			•	High Blood Pressure
3	\$0.50				Severe Food Allergies
4	\$0.00				Diabetes
5	\$0.29				
6	\$0.83	• •			
7	\$1.17				High Blood Pressure
8	\$1.67			•	HBP, HC, Stroke
9	\$0.03		•		Diabetes, Heart Disease
10	\$0.17			•	Diabetes
11	\$0.00		•		Heart Disease
12	\$0.48			•	HBP, HC
13	\$0.00		•		HBP, HC, Pre-Diabetes
14	\$1.50		•		Pregnancy
15	\$1.93			•	Kidney Disease

# Merchants & Services Packets

For a game with 23 participants, there will be 8 Merchants/Services. For any other number of participants, be sure to adjust accordingly.

Each Merchant/Service is given a packet which includes their role description, map, and the specific items as listed below.

Bus Driver	Bus Stop Signs, Bus Driver Badge, <b>20</b> Bus Tokens, <b>20</b> Bus Receipts, <b>1</b> Pencil	
Food Pantry	Food Pantry Sign, "Closed" Sign, Role Description and Instructions, 15+ Food Pantry Applications, 3-4 Pencils, 5 Macaroni and Cheese, 5 White Bread, 5 Pasta, 5 Tomato Sauce, 5 Brown Rice, 5 Black Beans, 5 Canned Tuna	
Community Kitchen	Community Kitchen Sign, "Closed" Sign, Role Description and Instructions, 15+ Community Kitchen Meal Cards, 5 Bus Tokens, 1 EITC/CTC Eligibility Sheet, 1 SNAP Eligibility Sheet, 1 WIC Eligibility Sheet	
SNAP Office	SNAP Office Sign, Role Description and Instructions, 15+ SNAP Applications, 4-5 Pens, 2 SNAP Eligibility Sheets	
WIC Clinic	WIC Clinic Sign, Role Description and Instructions, 15+ WIC Applications, 15+ Nutrition Education Sheets, 15+ WIC Vouchers, sign in sheet	
Food Tiger	Food Tiger Sign, "Closed" Sign, Role Description and Instructions, 15–20 of each Food Card, 1–2 Calculators, 2 Pens	
Corner Store	Corner Store Sign, "Closed" Sign, Role Description and Instructions, 10 of each Food Card, 1 Calculator, 1 Pen	
VITA Site	VITA Services Sign, "Closed" Sign, 1 EITC/CTC Eligibility Sheet 15+ Worksheets, 4-5 Pens	

# OTHER HELPFUL RESOURCES

- 1. MyPlate- About. [cited 2015 January 14]; Available from: http://www.choosemyplate.gov/about.html.
- 2. USDA MyPlate Fruit Group. [cited 2015 January 14]; Available from: http://www.choosemyplate.gov/food-groups/fruits.html.
- 3. USDA MyPlate Vegetable Group. [cited 2015 January 14]; Available from: http://www.choosemyplate.gov/food-groups/vegetables.html.
- 4. USDA MyPlate Dairy Group. [cited 2015 January 14]; Available from: http://www.choosemyplate.gov/food-groups/dairy.html.
- 5. USDA MyPlate Grains Group. [cited 2015 January 14]; Available from: http://www.choosemyplate.gov/food-groups/grains.html.
- 6. USDA MyPlate Protein Foods Group. [cited 2015 January 14]; Available from: http://www.choosemyplate.gov/food-groups/protein-foods.html.
- 7. USDA MyPlate Oils. [cited 2015 January 14]; Available from: http://www.choosemyplate.gov/food-groups/oils-how.html.
- 8. Bray, G.A., S.J. Nielsen, and B.M. Popkin, Consumption of high-fructose corn syrup in beverages may play a role in the epidemic of obesity. The American journal of clinical nutrition, 2004. 79(4): p. 537-543.
- 9. DiMeglio, D.P. and R.D. Mattes, Liquid versus solid carbohydrate: effects on food intake and body weight. Int J Obes Relat Metab Disord, 2000. 24(6): p. 794-800.
- 10. Hert, K.A., et al., Decreased consumption of sugar-sweetened beverages improved selected biomarkers of chronic disease risk among US adults: 1999 to 2010. Nutr Res, 2014. 34(1): p. 58-65.
- 11. Malik, V.S., Popkin, B.M., Bray, G.A., Despres, J.P., Hu, F.B., Sugar-Sweetened Beverages, Obesity, Type 2 Diabetes Mellitus, and Cardiovasular Disease Risk. 2010(121): p. 1356-1364.
- 12. Hess, J., et al., The confusing world of dietary sugars: definitions, intakes, food sources and international dietary recommendations. Food Funct, 2012. 3(5): p. 477-86.
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- 14. USDA Definitions of Food Security. [cited 2015 February 6]; Available from: http://www.ers. usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security.aspx.

- 15. Pan, L., et al., Food insecurity is associated with obesity among US adults in 12 states. J Acad Nutr Diet, 2012. 112(9): p. 1403-9.
- 16. Seligman, H.K., et al., Exhaustion of food budgets at month's end and hospital admissions for hypoglycemia. Health Aff (Millwood), 2014. 33(1): p. 116-23.
- 17. Diabetes Basics. [cited 2014 December 6]; Available from: http://www.diabetes.org/diabetes-basics/.
- 18. Diabetes- Disease Management and Prevention from the Academy. [cited 2015 January 14]; Available from: http://www.eatright.org/Public/content.aspx?id=6818.
- 19. CDC- Deaths and Mortality. [cited 2015 February 18]; Available from: http://www.cdc.gov/nchs/fastats/deaths.htm.
- 20. NHBLI- What is a Heart Attack? [cited 2015 February 19]; Available from: http://www.nhlbi.nih.gov/health/health-topics/topics/heartattack.
- 21. NHBLI- Who is at Risk for a Heart Attack? [cited 2015 February 19]; Available from: http://www.nhlbi.nih.gov/health/health-topics/topics/heartattack/risks.
- 22. Kidney Disease. [cited 2015 January 14]; Available from: http://www.eatright.org/Public/content.aspx?id=4294967543.
- 23. Chronic kidney disease in disadvantaged populations. J Ren Care, 2015. 41(1): p. 1-2.

We wish to thank the Minnesota Extension Service, U. Beate Krinke, Linda S. Dieleman and Sarah Gleason who conceived the idea for this game through a statewide forum entitled "Food Access: Exploring Issues and Affecting Changes."

PHONE: 404-888-9360

ADDRESS: 248 Park Ave. Atlanta, GA 30317

SOCIAL SECURITY #: XXX-XX-6789

**PEOPLE IN HOUSEHOLD: 1** 

CHILDREN: N/A

**MONTHLY INCOME: \$950** 

**HEALTH STATE:** Kidney Disease

You are 78 years old and you live on a fixed social security income of \$950/month. You have dual enrollment in Medicare/Medicaid insurance/health benefits. You have kidney disease and are on dialysis.

WALLET				
CASH	SNAP	EITC	стс	
\$1.50				

# **TRANSPORTATION**

This section designates your capabilities to travel around the community.

NO METHOD OF TRANSPORTATION

# **FINANCIAL GUIDE:**



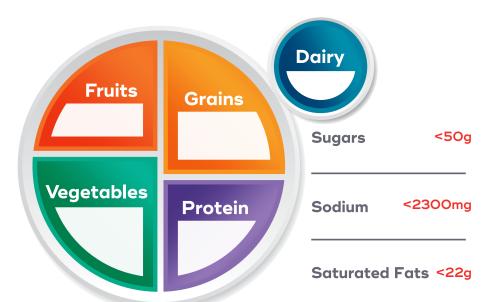
**\$950 - \$905 = \$45** People in Household: 1 \$45 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

**→ \$1.50** ←



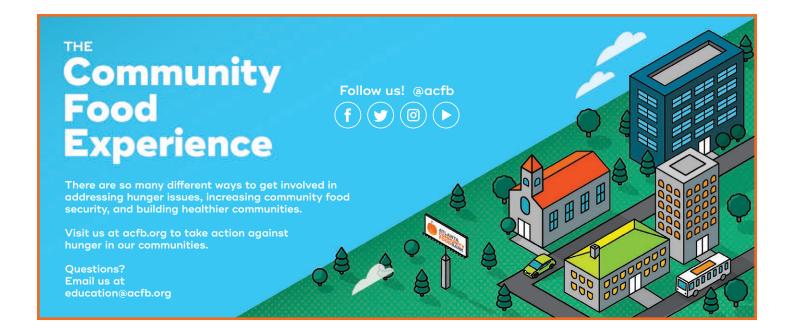
NOTES	



Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

NUTRITION RECOMMENDATIONS				
FOOD GROUP	#	CHOOSE	AVOID	
FRUITS	1	Apples, Blueberries	Bananas, Cantaloupe	
VEGETABLES	2	Carrots, Green Beans, Cauliflower	Broccoli, Collards Sweet Potatoes, Tomatoes/Tomato Sauce	
GRAINS	10	White Bread And Pasta	Whole Wheat Products, Oatmeal, Brown Rice	
PROTEIN	6	Fresh Or Frozen: Fish, Lean Pork And Beef	Hot Dogs, Black Beans, Lentils, Peanut Butter, Nuts, Tofu, Egg Yolks	
DAIRY	o	Soy Milk Milk, Yogurt, Chees		



PHONE: 404-251-9645

ADDRESS: 763 Judy Rd. Atlanta, GA 30205

**SOCIAL SECURITY #:** XXX-XX-2233

PEOPLE IN HOUSEHOLD: 4 CHILDREN: (2), Age 7 & 9 MONTHLY INCOME: \$2,440

**HEALTH STATE:** High Blood Pressure

You are 35 years old, married and have two children, ages 7 and 9. One parent works for \$7.25/hour (Federal Minimum Wage) and one works for \$8/hour. You both work full time. Your monthly income is \$2,440. You have high blood pressure.

WALLET				
CASH	SNAP	EITC	СТС	
\$2.35				

# TRANSPORTATION This section designates your capabilities to travel around the community. YOU HAVE A VEHICLE You may travel freely around the community. You may give one person a ride to two destinations only.

### FINANCIAL GUIDE:



**\$2,440 - \$2,158 = \$282**People in Household: 4
\$45 / 4 / 30 Days =

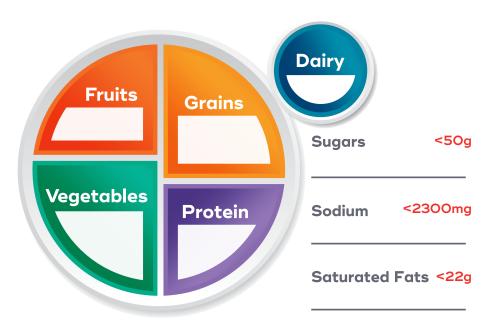
MONEY LEFT FOR FOOD PER PERSON, PER DAY:

**→ \$2.35** ←

# **EXPENSES**

HOME-	\$900
UTILITIES-	\$175
MEDICAL-	\$72
TRANSPORTATION-	\$450
PHONE-	\$175
CHILDCARE-	\$450
TAXES-	\$168
OTHER-	
TOTAL:	\$2,158

NOTES	
	ADDITIONAL SSN INFO
	SPOUSE XXX-XX-3215
	CHILD XXX-XX-1767
	CHILD XXX-XX-2878



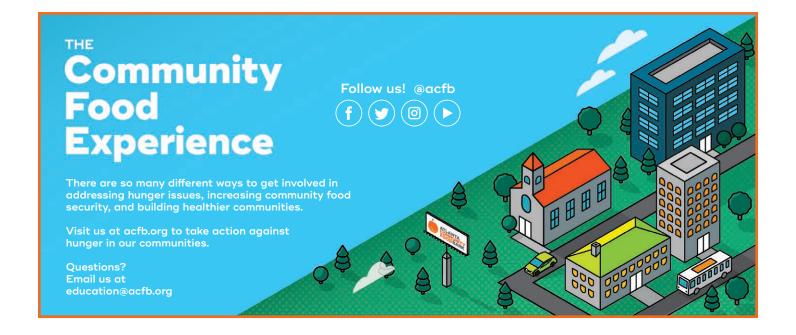
Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

## **Health Tips:**

Eat 8–12 ounces of fish per week. Include beans, peas and nuts 4–5 days per week.

NUTRITION RECOMMENDATIONS				
FOOD GROUP	#	CHOOSE	AVOID	
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit	
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn	
GRAINS	7	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals	
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs	
DAIRY	2	Skim And Low-Fat Milk And Yogurt Full-Fat Cheese		



PHONE: 770-963-8521

ADDRESS: 258 East Rd. Atlanta, GA 30033

**SOCIAL SECURITY #:** XXX-XX-4522

PEOPLE IN HOUSEHOLD: 4 CHILDREN: (3), Age 4, 7, & 9 MONTHLY INCOME: \$1,160

**HEALTH STATE:** Severe Food Allergies

You are a 30 year old single parent of 3 children, ages 4, 7 and 9. You earn \$7.25/hour (Federal Minimum Wage). You work 40 hours/week. Your monthly income is \$1,160. Your 4 year old has severe food allergies to peanuts and eggs.

WALLET				
CASH	SNAP	EITC	СТС	
\$0.50				

# **TRANSPORTATION**

This section designates your capabilities to travel around the community.

NO METHOD OF TRANSPORTATION

# **FINANCIAL GUIDE:**



**\$1,160 - \$1,100 = \$60**People in Household: 4

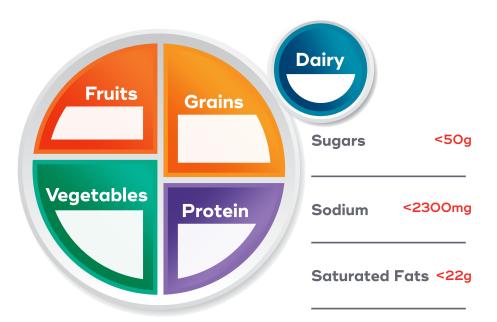
\$60 / 4 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

**→ \$0.50** ←



NOTES		
	ADDITIO	NAL SSN INFO
	CHILD	XXX-XX-5768
	CHILD	XXX-XX-6754
	CHILD	XXX-XX-2214



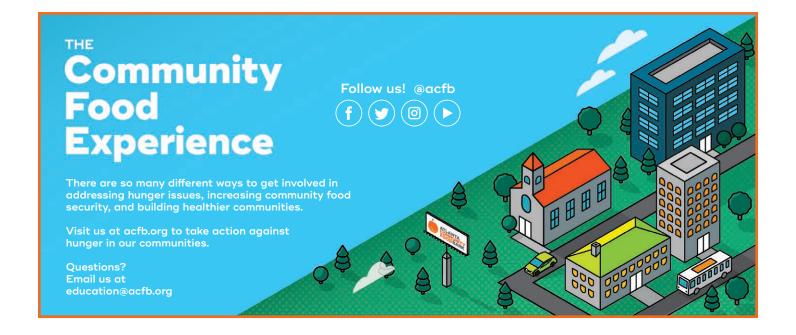
Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

## **Health Tips:**

You are highly allergic to eggs and peanuts. Avoid any food that contains eggs & peanuts.

NUTRITION RECOMMENDATIONS				
FOOD GROUP	#	CHOOSE	AVOID	
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit	
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn	
GRAINS	6	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals	
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs	
DAIRY	3	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese	



PHONE: No Phone Service

ADDRESS: 285 West St. Atlanta, GA 30317

SOCIAL SECURITY #: XXX-XX-4521

**PEOPLE IN HOUSEHOLD: 2** 

CHILDREN: (1), Age 1

MONTHLY INCOME: \$1,320

**HEALTH STATE:** Diabetes

You are a 22 year old single parent with one child who is 1 year old. You were recently laid off from your job, losing all your health benefits. You have found temporary work earning \$8.25/hour. Your monthly income is \$1,320. You couldn't afford childcare this month. Your 1 year old is on RSM Medicaid. But you don't currently have insurance and you have diabetes which requires medications and supplies.

WALLET				
CASH	SNAP	EITC	СТС	
\$0.00				

# **TRANSPORTATION**

This section designates your capabilities to travel around the community.

NO METHOD OF TRANSPORTATION

## FINANCIAL GUIDE:



**\$1,320 - \$1,451 = -\$131**People in Household: 2
-\$131 / 2 / 30 Days =

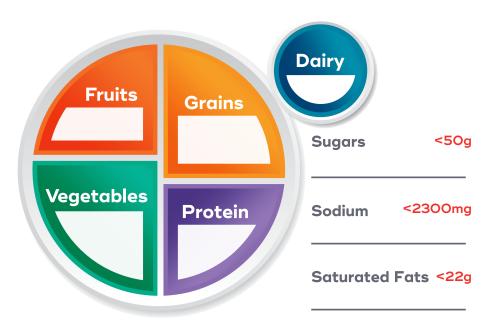
MONEY LEFT FOR FOOD PER PERSON, PER DAY:

**→ \$0.00** ←



HOME-	\$660
UTILITIES-	\$50
MEDICAL-	\$250
TRANSPORTATION-	
PHONE-	
CHILDCARE-	\$400
TAXES-	\$91
OTHER-	
TOTAL:	\$1,451

NOTES	
	ADDITIONAL SSN INFO
	CHILD XXX-XX-9875



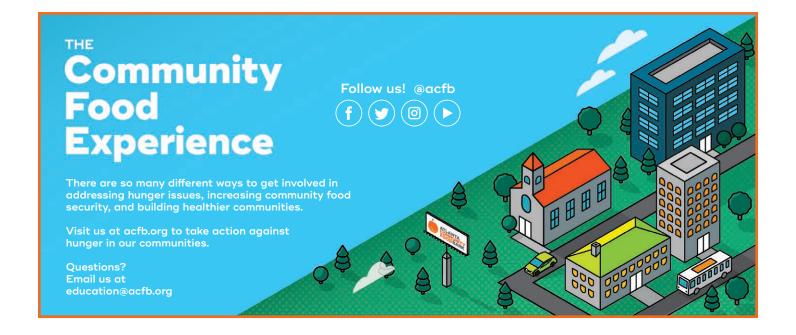
Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

## **Health Tips:**

Eat 8–12 ounces of fish per week. Include beans, peas and nuts 4–5 days per week.

NUTRITION RECOMMENDATIONS				
FOOD GROUP	#	CHOOSE	AVOID	
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit	
VEGETABLES	4	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn	
GRAINS	6	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals	
PROTEIN	3	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs	
DAIRY	3	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese	



PHONE: 404-223-1762

ADDRESS: 54 Mill Rd. Atlanta, GA 30324

**SOCIAL SECURITY #:** XXX-XX-4411

PEOPLE IN HOUSEHOLD: 4 CHILDREN: (3), AGES 3, 5, & 7 MONTHLY INCOME: \$1,600

**HEALTH STATE:** No current health condition

You are 30 years old and the single parent of 3 children ages 3, 5 and 7. You earn \$10/hour and your monthly income is \$1,600.

WALLET				
CASH	SNAP	EITC	стс	
\$0.29				

# **TRANSPORTATION**

This section designates your capabilities to travel around the community.

NO METHOD OF TRANSPORTATION

### FINANCIAL GUIDE:

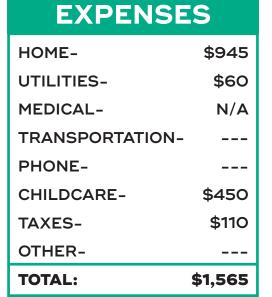


**\$1,600 - \$1,565 = \$35**People in Household: 4

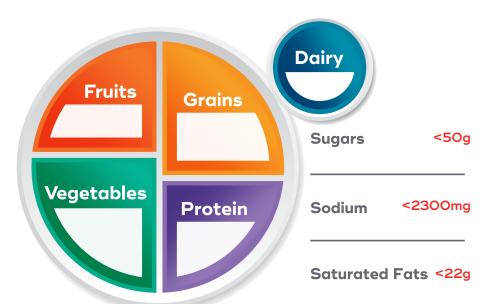
\$35 / 4 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

**→ \$0.29** ←



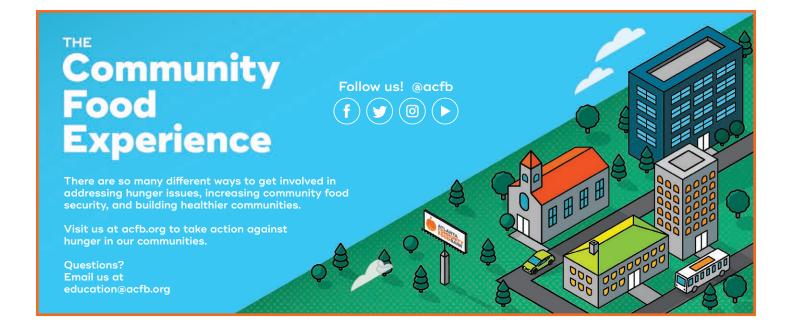
NOTES	
	ADDITIONAL SSN INFO
	CHILD XXX-XX-8893
	CHILD XXX-XX-7542
	CHILD XXX-XX-1098



Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

NUTRITION RECOMMENDATIONS				
FOOD GROUP	#	CHOOSE	AVOID	
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit	
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn	
GRAINS	6	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals	
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs	
DAIRY	3	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese	



PHONE: 770-667-5432

ADDRESS: 754 1st Ave. Atlanta, GA 30307

**SOCIAL SECURITY #:** XXX-XX-4587

PEOPLE IN HOUSEHOLD: 3 CHILDREN: (2), AGES 2 & 5 MONTHLY INCOME: \$280

**HEALTH STATE:** No current health condition

You are 29 years old and have 2 children ages 2 and 5. You currently live in a family shelter. You lost your job and home after your youngest was sick and hospitalized for two weeks. The shelter provides one meal and two bus tokens per day for you and your children and allows you to use their address to receive mail. They are also helping you look for both work and childcare. You receive \$280/month from TANF (Temporary Assistance for Needy Families).

WALLET				
CASH	SNAP	EITC	СТС	
\$0.83				

TRANSPORTATION			
This section designates your capabilities to travel around the community.			
AUS TOKEN.  OZEPER TO PER TO			

# **FINANCIAL GUIDE:**



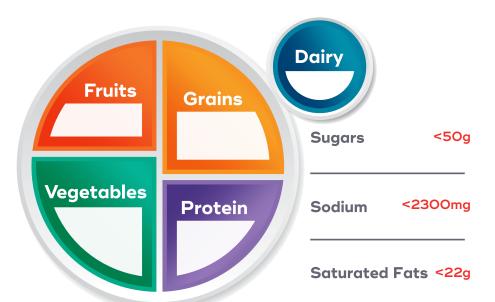
**\$280 - \$205 = \$45** People in Household: 3 \$45 / 3 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

→ \$0.83 ←

# EXPENSES HOME \$100 UTILITIES --- MEDICAL --- TRANSPORTATION --- PHONE \$30 CHILDCARE --- TAXES --- OTHER \$75 TOTAL: \$205

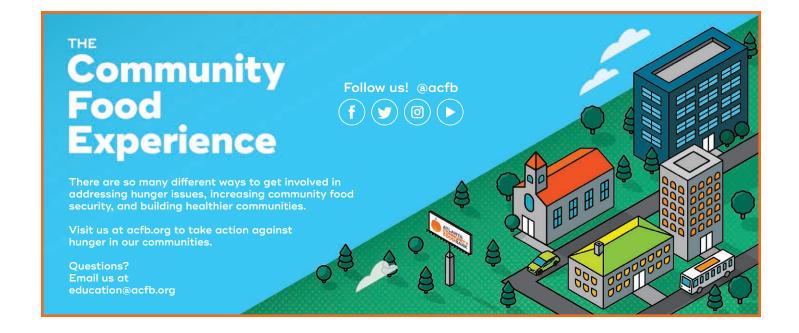
NOTES	
	ADDITIONAL SSN INFO
	CHILD XXX-XX-3767
	CHILD XXX-XX-8765



Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

NUTRITION RECOMMENDATIONS				
FOOD GROUP	FOOD GROUP # CHOOSE		AVOID	
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit	
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn	
GRAINS	6	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals	
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs	
DAIRY	3	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese	



PHONE: 770-963-8521

ADDRESS: 873 Oak St. Atlanta, GA 30018

**SOCIAL SECURITY #:** XXX-XX-2100

PEOPLE IN HOUSEHOLD: 5
CHILDREN: (3) AGES 2, 4, & 7
MONTHLY INCOME: \$3,120

**HEALTH STATE: HIGH BLOOD PRESSURE** 

You are 35 years old and you and your 32 year old spouse have 3 children ages 2, 4 and 7. You work full time. One of you works for \$12/hour and the other works for \$7.50/hour. Your monthly income is \$3,120. You were recently diagnosed with high blood pressure.

WALLET			
CASH	SNAP	EITC	стс
\$1.17			



# **FINANCIAL GUIDE:**



**\$3,120 - \$2,945 = \$175**People in Household: 5

\$175 / 5 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

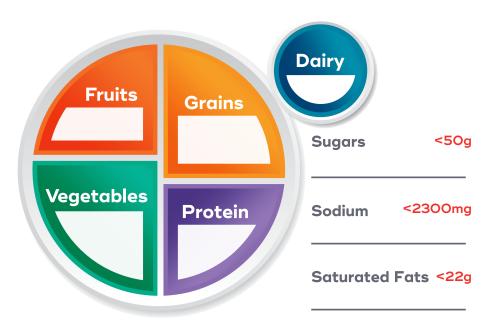
**→ \$1.17** 



# **EXPENSES**

HOME-	\$1000
UTILITIES-	\$150
MEDICAL-	\$250
TRANSPORTATION-	\$450
PHONE-	\$80
CHILDCARE-	\$800
TAXES-	\$215
OTHER-	
TOTAL:	\$2,945

NOTES		
	ADDITION	NAL SSN INFO
	SPOUSE	XXX-XX-2345
	CHILD	XXX-XX-4598
	CHILD	XXX-XX-9812
	CHILD	XXX-XX-3488



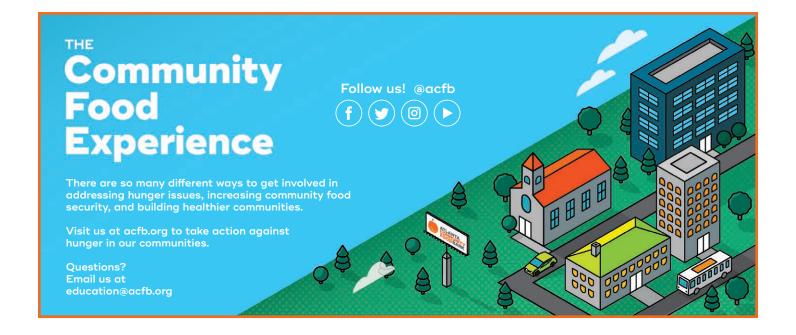
Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

## **Health Tips:**

Eat 8–12 ounces of fish per week. Include beans, peas and nuts 4–5 days per week.

NUTRITION RECOMMENDATIONS			
FOOD GROUP	#	CHOOSE	AVOID
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn
GRAINS	7	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs
DAIRY	2	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese



PHONE: 770-552-6322

ADDRESS: 97 Hawk Rd. Atlanta, GA 30307

**SOCIAL SECURITY #:** XXX-XX-2230

**PEOPLE IN HOUSEHOLD: 2** 

CHILDREN: N/A

**MONTHLY INCOME: \$1,700** 

**HEALTH STATE:** HIGH BLOOD PRESSURE,

HIGH CHOLESTEROL, STROKE

You are 71 years old and have been married to your 75 year old spouse for 40 years. You have a monthly social security income of \$1700. You have a history of high blood pressure, high cholesterol and stroke. You have an old car that you use for errands.

WALLET			
CASH	SNAP	EITC	стс
\$1.67			

# TRANSPORTATION This section designates your capabilities to travel around the community.

# YOU HAVE A VEHICLE

You may travel freely around the community.



You may give one person a ride to two destinations only.

# **FINANCIAL GUIDE:**



**\$1,700 - \$1,600 = \$100**People in Household: 2

\$100 / 2 / 30 Days =

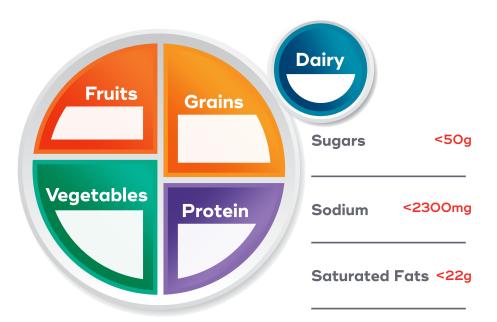
MONEY LEFT FOR FOOD PER PERSON, PER DAY:

→ \$1.67 ←



LAFLINGE	
HOME-	\$800
UTILITIES-	\$155
MEDICAL-	\$425
TRANSPORTATION-	\$175
PHONE-	\$45
CHILDCARE-	
TAXES-	
OTHER-	
TOTAL ·	\$1,600

NOTES	
	ADDITIONAL SSN INFO
	SPOUSE XXX-XX-6578

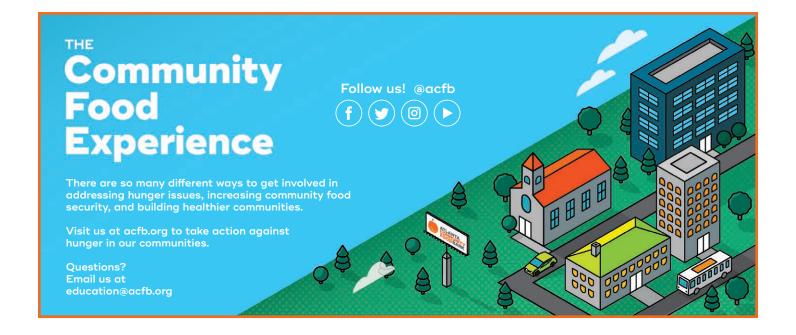


Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

#### **Health Tips:**

NUTRITION RECOMMENDATIONS				
FOOD GROUP	FOOD GROUP # CHOOSE		AVOID	
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit	
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn	
GRAINS	7	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals	
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs	
DAIRY	2	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese	



PHONE: 770-552-6322

ADDRESS: 128 Pine Rd. Atlanta, GA 30307

**SOCIAL SECURITY #:** XXX-XX-8765

PEOPLE IN HOUSEHOLD: 4

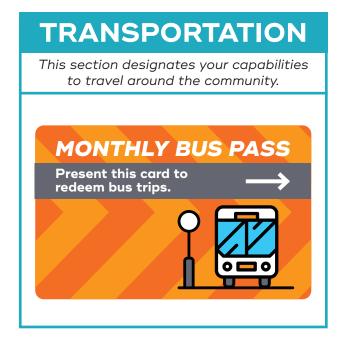
**CHILDREN:** (3) AGES 9, 11, & 14

MONTHLY INCOME: \$1,150

**HEALTH STATE:** DIABETES, HEART DISEASE

You are a 70 year old grandparent with type 2 diabetes and heart disease living on disability. You are raising 3 grandchildren ages 9, 11 and 14. You receive a monthly disability (SSDI) check of 950/month and you watch two children from your neighborhood for \$200/month. You own your home, but pay monthly property taxes.

WALLET				
CASH	SNAP	EITC	СТС	
\$0.03				



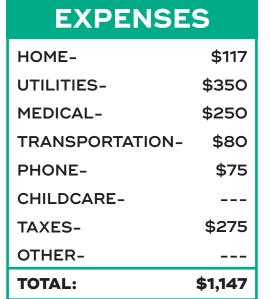
#### FINANCIAL GUIDE:



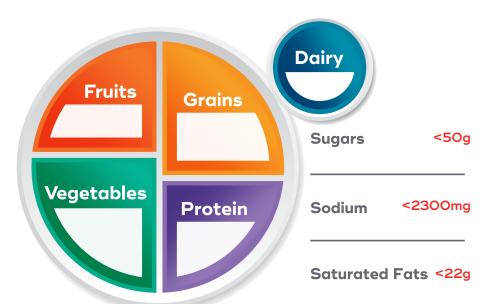
**\$1,150 - \$1,147 = \$3**People in Household: 4
\$3 / 4 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

→ \$0.03 ←



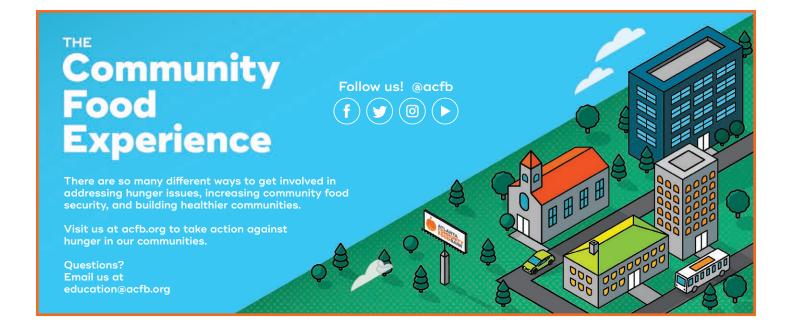
NOTES		
	ADDITIONAL	SSN INFO
	CHILD XX	X-XX-4321
	CHILD XX	X-XX-9876
	CHILD XX	X-XX-4326



Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

NUTRITION RECOMMENDATIONS				
FOOD GROUP	DD GROUP # CHOOSE		AVOID	
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit	
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn	
GRAINS	6	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals	
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs	
DAIRY	3	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese	



PHONE: 770-493-2894

ADDRESS: 32 Lake Dr. Atlanta, GA 30023

**SOCIAL SECURITY #:** XXX-XX-3476

**PEOPLE IN HOUSEHOLD:** 5

CHILDREN: (3) AGES 2, 4, & 10

MONTHLY INCOME: \$3,680

**HEALTH STATE: DIABETES** 

You are 36 years old and you and your 40 year old spouse have 3 children ages 2, 4 and 10. You both work full time. One of you earns \$8 per hour, one of your earns \$15 per hour and your combined monthly income is \$3,680. Your family has two cars. Your youngest is in childcare, your 4 year old is in state funded Pre-K and your 10 year old is in public school and aftercare. You have type 1 diabetes. Insurance/family plan.

WALLET				
CASH	SNAP	EITC	стс	
\$0.17				

# **TRANSPORTATION**

This section designates your capabilities to travel around the community.

## YOU HAVE A VEHICLE

You may travel freely around the community.



You may give one person a ride to two destinations only.

#### FINANCIAL GUIDE:



**\$3,680 - \$3,655 = \$25**People in Household: 1
\$25 / 5 / 30 Days =

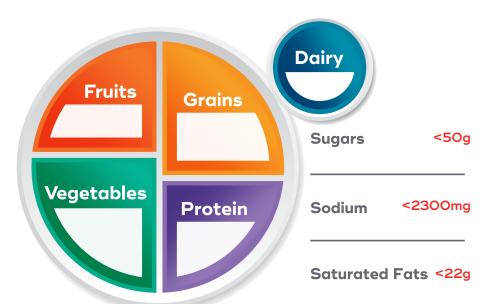
MONEY LEFT FOR FOOD PER PERSON, PER DAY:

→ \$0.17 ←



HOME-	\$900
UTILITIES-	\$200
MEDICAL-	\$850
TRANSPORTATION-	\$600
PHONE-	\$100
CHILDCARE-	\$750
TAXES-	\$255
OTHER-	
TOTAL:	\$3,655

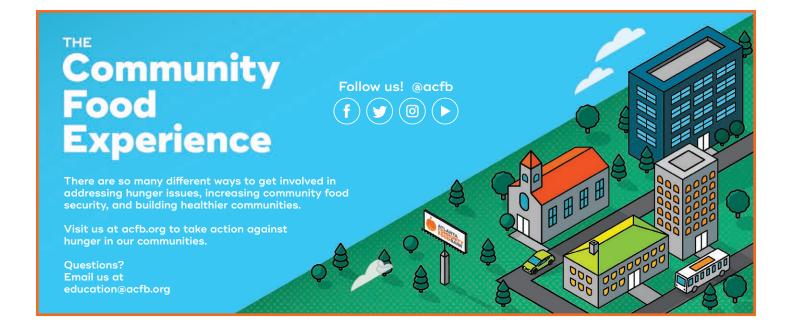
ADDITION	NAL SSN INFO
SPOUSE	XXX-XX-0132
CHILD	XXX-XX-8345
CHILD	XXX-XX-3215
CHILD	XXX-XX-5768
	SPOUSE CHILD CHILD



Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

NUTRITION RECOMMENDATIONS				
FOOD GROUP	DD GROUP # CHOOSE		AVOID	
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit	
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn	
GRAINS	6	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals	
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs	
DAIRY	3	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese	



PHONE: 770-753-3029

ADDRESS: 87 Vine Rd. Atlanta, GA 30024

**SOCIAL SECURITY #:** XXX-XX-9284

**PEOPLE IN HOUSEHOLD: 2** 

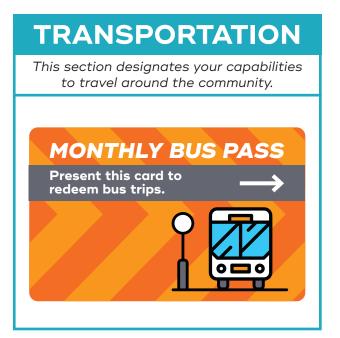
CHILDREN: (1), AGE 10

**MONTHLY INCOME:** \$1,300

**HEALTH STATE:** HEART DISEASE

You are 45 years old and a single parent of one child who is 10 years old. You make \$8.15/hour and your monthly income is \$1,300. You have recently had hospital stay for heart problems and your hospital bills and medication are only partially covered by insurance which has resulted in a \$200/month medical bill on top of \$200/month for insurance.

WALLET				
CASH	SNAP	EITC	стс	
\$0.00				



#### FINANCIAL GUIDE:



**\$1,300 - \$1,405 = -\$105**People in Household: 2
-\$105 / 2 / 30 Days =

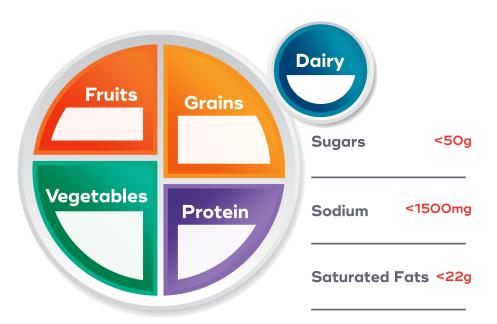
MONEY LEFT FOR FOOD PER PERSON, PER DAY:

**→ \$0.00** ←



HOME-	\$550
UTILITIES-	\$90
MEDICAL-	\$400
TRANSPORTATION-	\$95
PHONE-	\$0
CHILDCARE-	\$180
TAXES-	\$90
OTHER-	
TOTAL:	\$1,405

NOTES	
	ADDITIONAL SSN INFO
	CHILD XXX-XX-0088

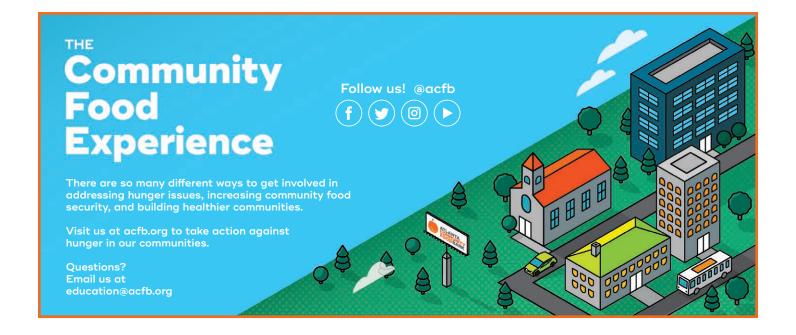


Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

#### **Health Tips:**

NUTRITION RECOMMENDATIONS				
FOOD GROUP	FOOD GROUP # CHOOSE		AVOID	
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit	
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes  Potatoes and Corn		
GRAINS	7	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals	
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs	
DAIRY	2	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese	



PHONE: 770-753-3029

ADDRESS: 677 Peach St. Atlanta, GA 30024

SOCIAL SECURITY #: XXX-XX-9284

PEOPLE IN HOUSEHOLD: 5 CHILDREN: (3) AGES 2, 5, & 8 MONTHLY INCOME: \$3,680

**HEALTH STATE:** HIGH BLOOD PRESSURE,

HIGH CHOLESTEROL

You are 37 and you and your 35 year old spouse have 3 children, ages 2, 5 and 8. One of you works for \$11 per hour and one of you works for \$12 per hour and your combined monthly income is \$3680. You live in a three bedroom town-home. One child is in full time childcare and two are in after-school programs. You have a car. You were recently diagnosed with high cholesterol and high blood pressure. Your insurance and medications cost \$600/month.

WALLET				
CASH	SNAP	EITC	СТС	
\$0.48				

# **TRANSPORTATION**

This section designates your capabilities to travel around the community.

## YOU HAVE A VEHICLE

You may travel freely around the community.



You may give one person a ride to two destinations only.

#### **FINANCIAL GUIDE:**



**\$3,680 - \$3,608 = \$72**People in Household: 5
\$72 / 5 / 30 Days =

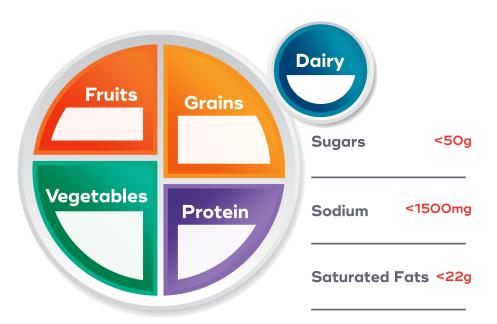
MONEY LEFT FOR FOOD PER PERSON, PER DAY:

→ \$0.48 ←

# **EXPENSES**

EXPENSES		
HOME-	\$1,300	
UTILITIES-	\$250	
MEDICAL-	\$450	
TRANSPORTATION-	\$350	
PHONE-	\$100	
CHILDCARE-	\$900	
TAXES-	\$258	
OTHER-		
TOTAL:	\$3.608	

NOTES		
	ADDITIONA	L SSN INFO
	SPOUSE X	(XX-XX-6789
	CHILD X	(XX-XX-9876
	CHILD X	(XX-XX-8765
	CHILD X	(XX-XX-5421

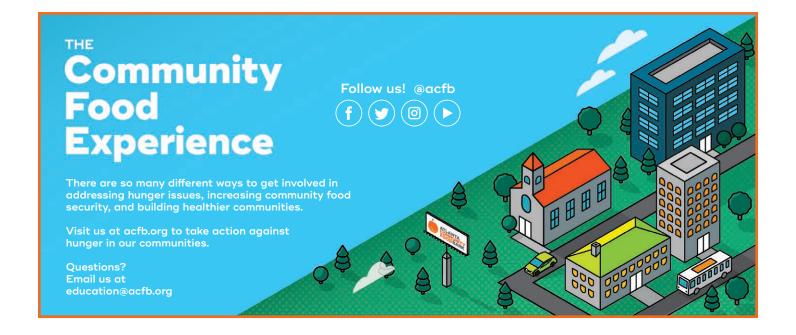


Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

#### **Health Tips:**

NUTRITION RECOMMENDATIONS				
FOOD GROUP # CHOOSE		AVOID		
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit	
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn	
GRAINS	7	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals	
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs	
DAIRY	2	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese	



PHONE: 770-753-3029

ADDRESS: 69 High Rd. Atlanta, GA 30420

**SOCIAL SECURITY #:** XXX-XX-5678

PEOPLE IN HOUSEHOLD: 3 CHILDREN: (2) AGES 4 & 7 MONTHLY INCOME: \$1,500

**HEALTH STATE:** HIGH BLOOD PRESSURE, PRE-DIABETES AND HIGH CHOLESTEROL

You are 28 years old and a single parent of 2 children ages 4 and 7. Your monthly income is \$1,500/month from a full time entry level position earning \$9.38/hour. You rent a 1 bedroom apartment and pay for childcare and aftercare. You have been diagnosed with High Cholesterol, Pre-Diabetes, Hypertension.

WALLET				
CASH	SNAP	EITC	стс	
\$0.00				

TRANSPORTATION
This section designates your capabilities to travel around the community.
MONTHLY BUS PASS  Present this card to redeem bus trips.

#### FINANCIAL GUIDE:



**\$1,500 - \$1,589 = -\$89**People in Household: 3

-\$89 / 3 / 30 Days =

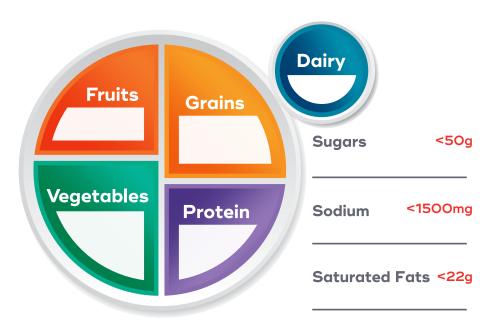
MONEY LEFT FOR FOOD PER PERSON, PER DAY:

**→ \$0.00** ←

HOME-	\$700
UTILITIES-	\$100
MEDICAL-	\$50
TRANSPORTATION-	\$95
PHONE-	\$40
CHILDCARE-	\$500
TAXES-	\$104
OTHER-	
TOTAL:	\$1,589

**EXPENSES** 

NOTES	
	ADDITIONAL SSN INFO
	CHILD XXX-XX-3008
	CHILD XXX-XX-4467

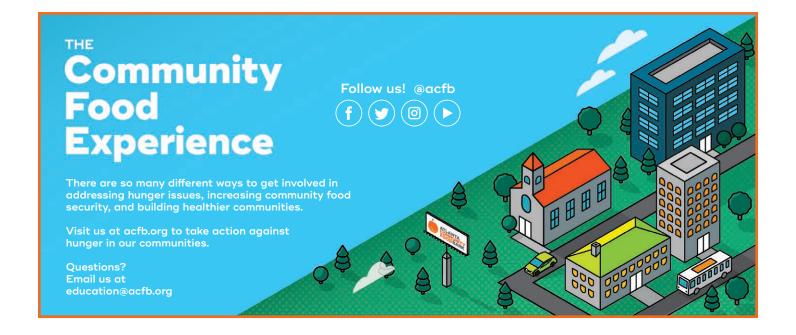


Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

#### **Health Tips:**

NUTRITION RECOMMENDATIONS				
FOOD GROUP # CHOOSE		AVOID		
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit	
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn	
GRAINS	7	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals	
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs	
DAIRY	2	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese	



PHONE: 770-753-3029

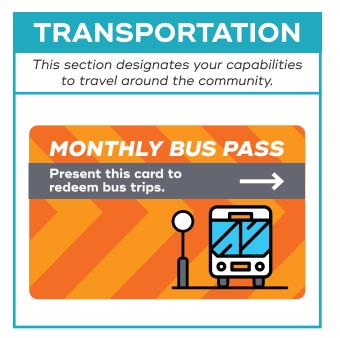
ADDRESS: 251 Mill St. Atlanta, GA 30317

**SOCIAL SECURITY #:** XXX-XX-3210

PEOPLE IN HOUSEHOLD: 4
CHILDREN: (2), AGES 3 & 5
MONTHLY INCOME: \$2,960
HEALTH STATE: PREGNANCY

You are 31 years old. You and your spouse have two small children and are expecting a third in about 3 months. One of you works for \$10.50 per hour and the other works for \$8 per hour for a combined monthly income of \$2,960.

WALLET				
CASH	SNAP	EITC	СТС	
\$1.50				



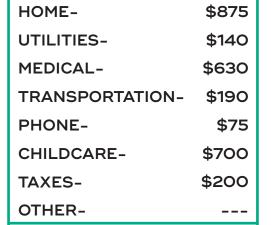
#### **FINANCIAL GUIDE:**



**\$2,960 - \$2,780 = \$180**People in Household: 4
\$180/ 4 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

**→ \$1.50** ←

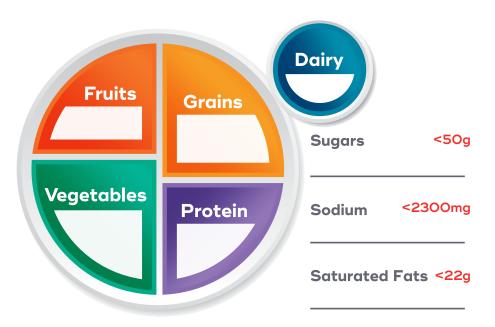


\$2,780

**TOTAL:** 

**EXPENSES** 

NOTES		
	ADDITIO	NAL SSN INFO
	SPOUSE	XXX-XX-2299
	CHILD	XXX-XX-3564
	CHILD	XXX-XX-5984



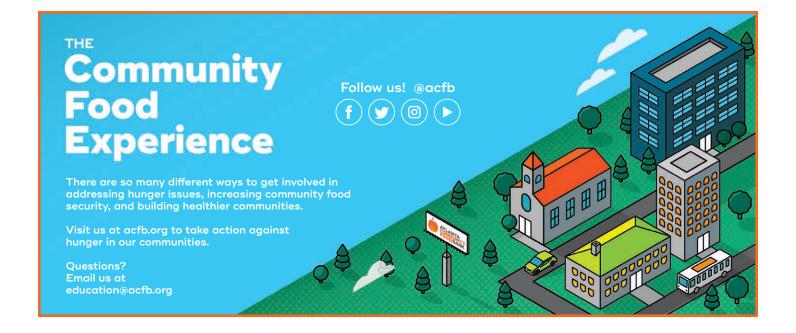
Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

#### **Health Tips:**

Avoid raw or undercooked meat, poultry, fish that are high in mercury, and eggs.

NUTRITION RECOMMENDATIONS			
FOOD GROUP	#	CHOOSE	AVOID
FRUITS	2	Fresh or Frozen Fruits	Fruit Juice Or Dried Fruit
VEGETABLES	3	Fresh, Frozen or Canned Vegetables	Potatoes and Corn
GRAINS	6	Whole Grains	Highly processed carbohydrate foods like baked goods and sugary cereals.
PROTEIN	6	Fresh Or Frozen: Fish, Lean Pork And Beef	Hot Dogs, Black Beans, Lentils, Peanut Butter, Nuts, Tofu, Egg Yolks
DAIRY	3	Soy Milk	Milk, Yogurt, Cheese



PHONE: 770-753-3029

ADDRESS: 77 Ridge Rd. Atlanta, GA 30342

**SOCIAL SECURITY #:** XXX-XX-3210

**PEOPLE IN HOUSEHOLD: 1** 

CHILDREN: N/A

**MONTHLY INCOME: \$3,300** 

**HEALTH STATE: KIDNEY DISEASE** 

You are a single 30 year old with a total monthly income of \$3,300. You have had significant complications with high blood pressure that have led to renal (kidney) complications. Your doctor has given you a strict diet. If you do not adhere to this diet it is likely you will have to go on dialysis.

WALLET			
CASH	SNAP	EITC	стс
\$1.93			

# **TRANSPORTATION**

This section designates your capabilities to travel around the community.

#### YOU HAVE A VEHICLE

You may travel freely around the community.



You may give one person a ride to two destinations only.

#### **FINANCIAL GUIDE:**



**\$3,300 - \$3,242 = \$45**People in Household: 1
\$45 / 30 Days =

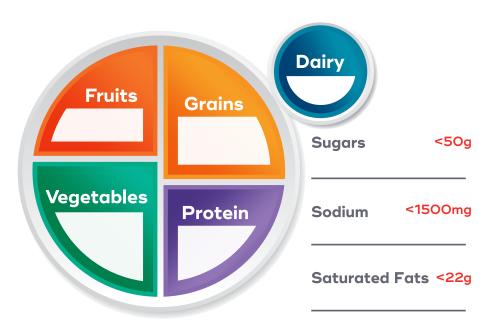
MONEY LEFT FOR FOOD PER PERSON, PER DAY:

→ \$1.93 ←

# **EXPENSES**

HOME-	\$975
UTILITIES-	\$120
MEDICAL-	\$1,400
TRANSPORTATION-	\$450
PHONE-	\$70
CHILDCARE-	
TAXES-	\$227
OTHER-	
TOTAL:	\$3,242

NOTES	

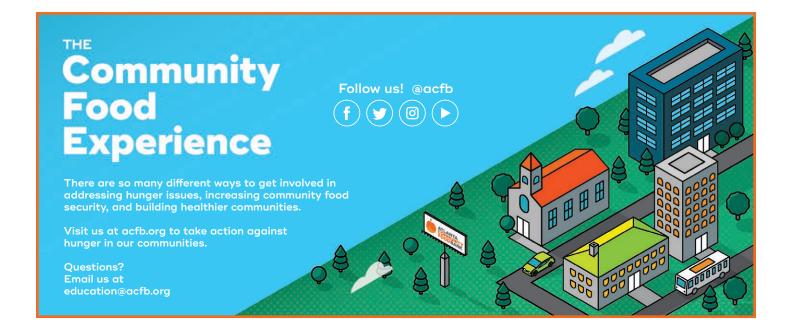


Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

#### **Health Tips:**

NUTRITION RECOMMENDATIONS			
FOOD GROUP	#	CHOOSE	AVOID
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn
GRAINS	7	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals
PROTEIN	3	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs
DAIRY	2	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese



	BUS DRIVER
Your Packet Includes	Bus Stop Signs, Bus Driver Badge, 20+ Bus Tokens, 20+ Bus Receipts and a Pencil.
Instructions	<ul> <li>If not already done, post the Bus Station and stops.</li> <li>Wear your Bus Driver Badge and post the Bus Stop Signs in the appropriate places (see Map).</li> <li>Your bus has 4 stops: "HOME", Food Tiger, SNAP Office/VITA and Food Pantry/WIC Clinic.</li> <li>Travel to these in order and call out your stops as you approach them.</li> <li>Any rider who gets off at a destination must wait for the bus to return in order to ride to their next destination.</li> <li>Take 1-2 minutes to travel to each stop.</li> <li>Community members cannot skip stops and must ride until the driver reaches their destination. You are also the TIMEKEEPER.</li> </ul>
Role Description	<ul> <li>You are the BUS DRIVER, and you provide public transportation for the community members.</li> <li>Community members with Bus Tokens will give you 1 Bus Token for 1 ride.</li> <li>In return, you will provide a Bus Receipt for their records (Some agencies will require that community members show proof that they rode the bus to their destination)</li> <li>If a Community Member has tokens on their profile sheet, please cross off one token/ride.</li> <li>The community members that have a Monthly Bus Pass can take an unlimited number of rides on the bus if they show you their Monthly Bus Pass.</li> <li>You have Bus Tokens in your packet that you can sell to participants.</li> <li>A Community Member may use cash or EITC and CTC credits to purchase these items from you.</li> </ul>
Bus Tokens	\$2.50 each

# **BUS DRIVER BADGE**

# DRUS SEED

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# **FOOD PANTRY COORDINATOR**

# Your Packet Includes

Food Pantry Sign, "Closed" Sign, 15+ Food Pantry Applications, 3 Pencils and Food Cards (5 Macaroni & Cheese, 5 White Bread, 5 Pasta, 5 Tomato Sauce, 5 Tuna, 5 Brown Rice, 5 Black Beans).

#### Instructions

- If not already done, post the Food Pantry Sign in the appropriate place and set up your table and chairs (make sure there are some for your clients too) with the materials in your packet.
- Each visitor seeking assistance must fill out an application.
- Check their Community Member Profile to confirm their identities and information.
- Request to see a proof of transportation (Bus Receipt, Monthly Bus Pass, or Transportation Card).
- Give eligible participants Food Cards to represent foods they obtained from you.
- You are to give eligible participants enough for for 1 meal.
   (Example- Tuna & White bread or Black beans & Rice, etc.)
- You may close the Food Pantry (using the "Closed" Sign) to seek more donations (food or monetary) or to raise awareness about the Food Pantry.

#### **Role Description**

- You are the FOOD PANTRY COORDINATOR for an organization that provides FREE groceries to people in need.
- You get donations from grocery stores and from your local food bank.
- You rely on volunteers to help keep your pantry open.
- Due to increased demand and a decline in donations, you can only serve people once every six months, and you can only serve those within certain zip codes (30317 and 30307).
- Try to give people enough food for one meal for one person.
   Since you are limited to donated foods, you may not always have access to foods that go well together.

# **COMMUNITY KITCHEN COORDINATOR**

# Your Packet Includes

Community Kitchen Sign, "Closed" Sign, 15 Meal Tickets, 5 Bus Tokens, 1 EITC/CTC Eligibility Sheet, 1 SNAP/WIC Eligibility Sheet and Pencils.

#### Instructions

- If not already done, post the Community Kitchen Sign in the appropriate place and set up your table and chairs with the materials in your packet.
- Give each Community Member you serve a Meal Ticket (you have 15 meals to serve), which equals one bowl of vegetable soup and bread.
- You cannot provide actual benefits, but you can use the Eligibility Sheet to help Community Members identify social service benefits or assistance that they may be eligible for and direct them to SNAP Office, VITA, WIC Clinic, and/or Food Pantry.
- You have five Bus Tokens that you can give to community members as you see fit. You may close the Community Kitchen (using the "CLOSED" sign) if you need to seek monetary or food donations, or to raise awareness about the Community Kitchen.
- Use your Transportation Card if you want to give a Community Member a ride to another location.

#### **Role Description**

- You are the Community Kitchen Coordinator for an organization that provides free, prepared meals to people in need.
- You also council clients on other benefits that they might be eligible for to help them become more food secure.
- You don't have unlimited funds and often run out of food before everyone is fed.

# Transportation Card



# **SNAP OFFICE STAFF**

# Your Packet Includes

SNAP Office Sign, SNAP Applications (the number of applications depends on the number of simulation participants), 4–5 Pens and 2 SNAP Eligibility Sheets. SNAP stands for Supplemental Nutrition Assistance Program.

#### **Instructions**

- If not already done, post the SNAP Office Sign and set up your table and chair(s), and if space allows, set up a small community waiting area with 5–10 chairs.
- Before you assist a Community Member, request proof of transportation (Bus Receipt, Monthly Bus Pass, Car or Driver). This is not a SNAP Office requirement, it is to ensure that participants are following the rules of the simulation.
- When community members arrive, give them an application and ask them to complete it in the waiting area and get back in line when they are done.
- Review completed form and Community Member Profile to determine income, household size and eligibility for SNAP. If eligible, use Eligibility Sheet to determine the amount of their benefit. Once determined, write it into the SNAP column in the wallet section of their profile sheet.
- Explain that they can use their SNAP dollars to purchase food items at the grocery store.

### **Role Description**

- Community Members come to you to apply for and, if eligible, receive SNAP benefits that they can use to purchase food.
- Your job is to review applications, determine if people are eligible, and if they are eligible, give them their SNAP benefits.

# **WIC CLINIC STAFF**

# Your Packet Includes

15+ WIC applications, 15+ of Nutrition Education Sheets, 2 WIC eligibility sheets, 15+ WIC Vouchers, 1+ Sign-in Sheet, pens

#### **Instructions**

- If not already done, post the WIC Clinic sign and set up your table and chair(s), and if space allows, set up a small community waiting area with 5–10 chairs.
- Before you assist a community member, request proof of transportation (Bus Receipt, Monthly Bus Pass, Car or Driver). This is not a WIC program rule, it is to ensure that participants are following the rules of the simulation.
- When community members arrive at clinic, have them sign in with their first name and Community Member profile # (sometimes Community Members have the same profile #).
- Give Community Member a WIC application, Nutrition Education Sheet, a pen and ask them complete their paperwork in the waiting area and return completed form to a designated spot at the end of the table.
- Explain that you will call them by their first name and profile number when you are ready to review their paperwork.
- When you call community member up to review application, use the WIC Eligibility Form to determine eligibility for WIC program and, if eligible, both of you will sign the form.
- A father can apply for WIC for infant or child under 5 years of age.
- For the WIC program no social security # is required.
- Once application is signed, review the Nutrition Education sheet with the applicant.
- Once all paperwork is complete, give applicant 1 WIC voucher and explain that they can use this voucher to get food at Food Tiger or Corner Store.
- Explain that they must redeem all the food items in one transaction – they can't get some of the foods at Food Tiger and some at Corner store. Voucher is void after one store visit.

#### **Role Description**

- Community Members come to you to receive WIC benefits.
- Your job as WIC Clinic staff is to determine if people are eligible, and if they are eligible, give them their WIC Vouchers and review nutrition information.

# **FOOD TIGER CASHIER**

Your Packet Includes	Food Tiger sign, 15-20 of each Food Tiger Food Card, 2 Pens and 1-2 Calculators.
Instructions	<ul> <li>If not already done, post the Food Tiger sign and set up your table and chair(s).</li> <li>Unclip and display the food cards on your table. As much as possible, organize by food groups (dairy, vegetables, etc).</li> <li>Before you assist a Community Member, request proof of transportation (Bus Receipt, Monthly Bus Pass, Car or Driver). This is not a Food Tiger rule, it is to ensure that participants are following the rules of the simulation.</li> <li>Community Members can use SNAP money for all food purchases.</li> <li>Community Members can purchase food with cash allotments from the wallet section of their profile sheet. They can also use a WIC Voucher to purchase 1 vegetable, 1 fruit, 1 grain, 1 protein (meat, peanut butter, fish, beans and rice) and 1 dairy. It must say WIC on the food card.</li> <li>Cashier needs to check off each purchased item on the WIC Voucher, keep the Voucher and give the Community Member their WIC foods. Since you keep the Voucher, all WIC purchase must be redeemed in one transaction.</li> <li>Some food items might be 2 or more different food groups (for example, Dairy and Protein). For the purposes of the WIC Voucher, choose one food group/card.</li> <li>You will keep WIC Voucher after Community Members have redeemed their WIC purchases.</li> </ul>
Role Description	<ul> <li>You are the Food Tiger Cashier.</li> <li>Food Tiger is a large and popular grocery chain in your area.</li> <li>You are in charge of checking out customers and ensuring they pay for purchases with either cash, SNAP, EITC, CTC benefits (amounts will be noted in the wallet section of their profile sheets) or a WIC Voucher.</li> <li>You must subtract their purchases from the appropriate column and make sure they get their food items.</li> </ul>

# **CORNER STORE CASHIER**

	PRNER STORE CASHIER
Your Packet Includes	Corner Store sign, 10 of each Corner Store Food Cards, 1 Pen and 1 Calculator
Instructions	<ul> <li>If not already done, post the Corner Store sign and set up your table and chair.</li> <li>Unclip and display the food cards on your table. As much as possible, organize by food groups (dairy, vegetables, etc).</li> <li>Community Member can use SNAP money for all food purchases except ready-to-eat foods.</li> <li>Community Members can purchase food with cash allotments from the wallet section of their profile sheet. They can also use a WIC Voucher to purchase 1 vegetable, 1 fruit, 1 grain, 1 protein (meat, peanut butter, fish, beans and rice) and 1 dairy.</li> <li>Cashier needs to check off each purchased item on the WIC Voucher, keep the Voucher and give the Community Member their WIC foods. Since you keep the Voucher, all WIC purchase must be redeemed in one transaction.</li> </ul>
Role Description	<ul> <li>You are the Corner Store Cashier.</li> <li>Corner Store is a small neighborhood grocery with limited inventory. You are in charge of checking out customers and ensuring they pay for purchases with either cash, SNAP, EITC, CTC benefits (amounts will be noted in the wallet section of their profile sheets) or a WIC Voucher.</li> <li>You must subtract their purchases from the appropriate column and make sure they get their food items.</li> </ul>

	VITA COORDINATOR
Your Packet Includes	VITA Services Sign, 1 EITC/CTC Eligibility Sheet, 15+ EITC/CTC Worksheets and 4 Pencils.
Instructions	<ul> <li>If not already done, post VITA sign.</li> <li>Tell anyone visiting your site about what you do and how you can help them.</li> <li>Before you serve a Community Member, request proof of transportation (Bus Receipt, Monthly Bus Pass, or Vehicle Card). This is not a VITA requirement, it is to ensure that participants are following the rules of the simulation.</li> <li>Have each Community Member complete the EITC/CTC Worksheet.</li> <li>Review the EITC/CTC Worksheet and verify that all information correctly matches their Community Member Profile. If the Community Member is eligible, write the appropriate EITC and/or CTC credit in their wallet under the appropriate columns.</li> <li>Community Members can use credits to purchase bus tokens and to buy groceries.</li> </ul>
Role Description	<ul> <li>You are the VITA COORDINATOR at a Volunteer Income Tax Assistance (VITA) site to help low to middle income workers with Volunteer Income Tax Assistance so they can file for and receive a portion of their Earned Income Tax Credit (EITC) and/or Child Tax Credit (CTC).</li> <li>You can offer VITA services to anyone visiting your mobile site.</li> <li>Community Members eligible for EITC and Child Tax Credit can use the credits to help purchase transportation and groceries.</li> </ul>

# Eligibility Sheet

## **Earned Income Tax Credit (EITC)**

Children	Monthly Income Limit (Single)	Monthly Incon Limit (Marrie
O	\$1235	\$1694
1	\$3261	\$3721
2	\$3705	\$4165
3+	\$3979	\$4439

Children	EITC Allotment
O	\$1.38
1	\$4.60
2	\$5.00
3+	\$4.25

The person must have wages from a job. People with Social Security and unemployment income are not eligible. They must provide proper documentation by showing you their community member profile and income information and proof of transporataion. If eligible based on limits above, please write the tax credit amount in the Community Member's Wallet in the appropriate column. Social security number is required to receive EITC or CTC.

# **Child Tax Credit (CTC)**

Tax Filing Status	Monthly Income Limit
Married	\$9167
Single	\$6250

**\$2.74 CTC allotment.** If eligible based on limits to the left, please write the tax credit amount in the Community Member's Wallet in the appropriate column.

# Eligibility Sheet

# Women, Infants and Children Program (WIC)

Household Size	Monthly Incom
1	\$1,872
2	\$2,538
3	\$3,204
4	\$3,870
5	\$4,536

\*Cannot earn above this amount in relation to household size.

WIC is for eligible pregnant women, infants up to first birthday, and children up to 5th birthday. If the applicant is eligible based on the income limits, application & nutrition sheet review, the Community Member can receive a WIC Voucher added to their wallet.

For the WIC program, no social security number is required. The voucher can be used to redeem 1 Dairy, 1 Grain, 1 Protein 1 Fruit and 1 Vegetable. After completing review of the application and nutrition sheet.

# Eligibility Sheet

# **SNAP (Supplemental Nutrition Assistance Program)**

Household Size	Monthly Income
1	\$1,316
2	\$1,784
3	\$2,252
4	\$2,720
5	\$3,188

If the applicant is eligible based on the income limits, they can receive the following allotment to their wallet:

\$0-799/month	\$4.50/day
\$800-1000/month	\$2.50/day
\$1001-2794/month	\$1.00/day

Social Security numbers are required to receive SNAP benefits. Those without are not eligible.

# Eligibility Sheet

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1	\$1,316
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# Eligibility Sheet

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Social Security numbers are required to receive SNAP benefits. Those without are not eligible.

# **MAP**

To move from the neighborhood to the community, the Community Member must have a **Bus Token**, **Monthly Bus Pass**, or **Transportation Card**. Community Members with a Transportation Card can move freely between all sections and locations. Community Members with Bus Tokens or Monthly Passes must wait at the bus stop to move between sections and must ride the bus to their various locations.

# **NEIGHBORHOOD**

## **COMMUNITY**









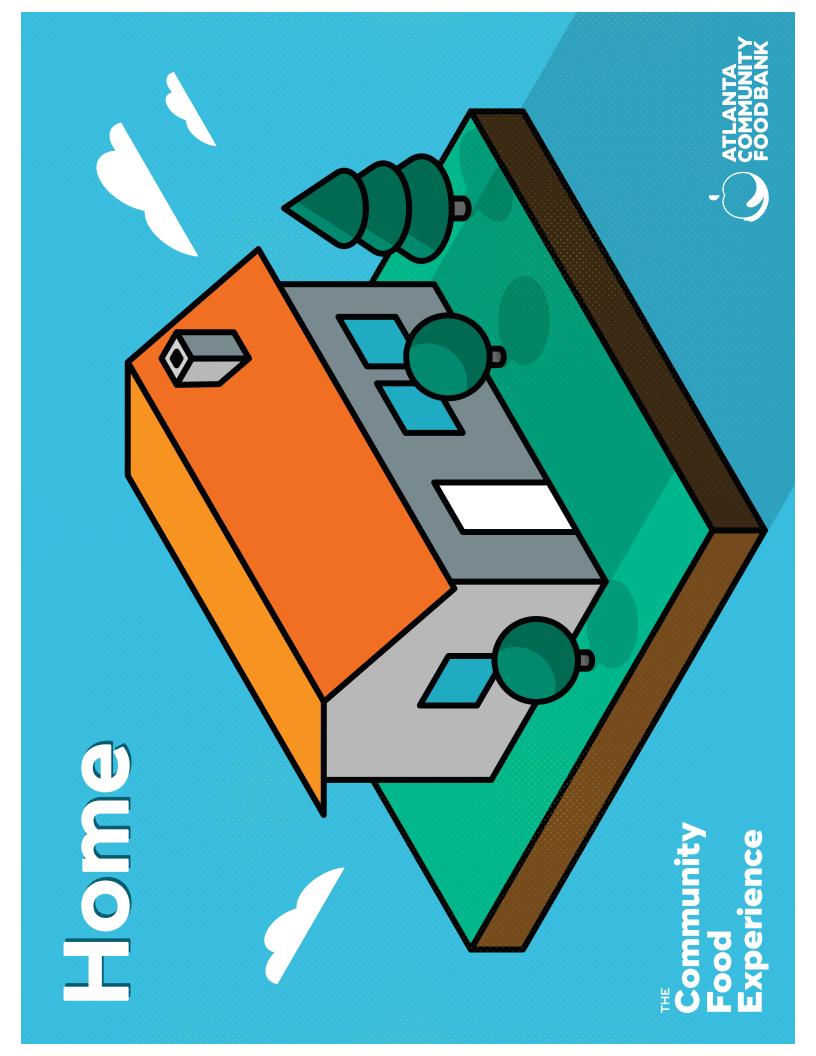








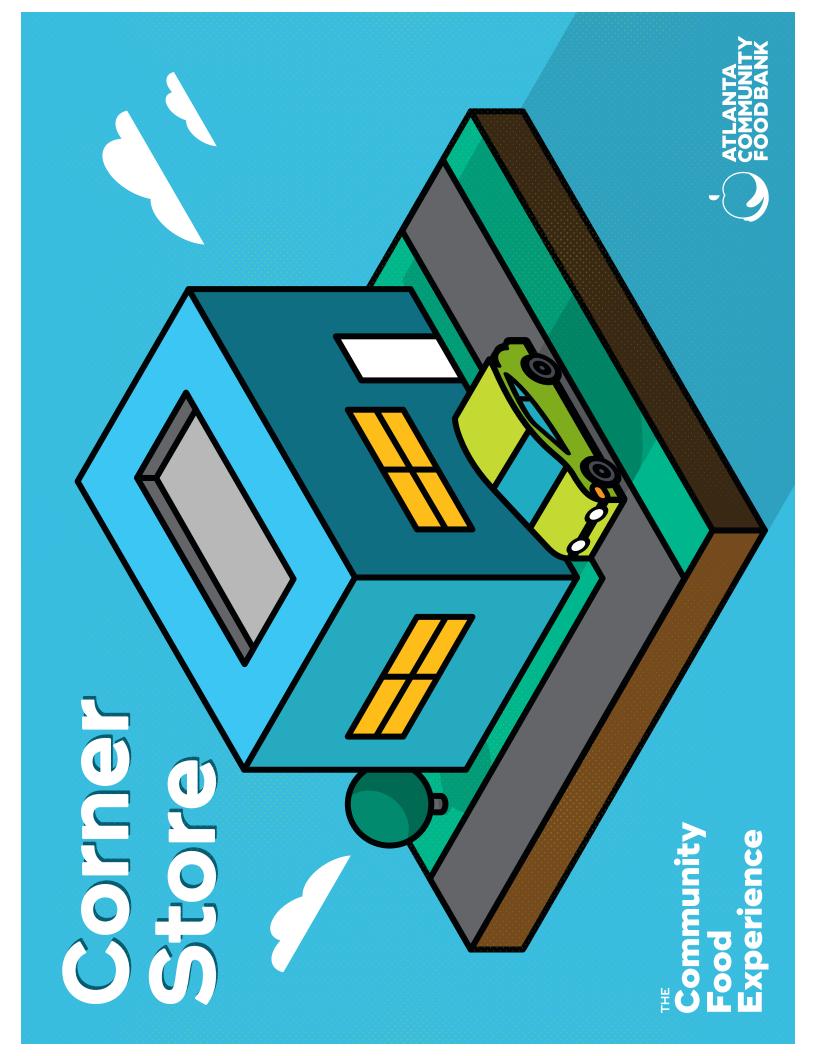




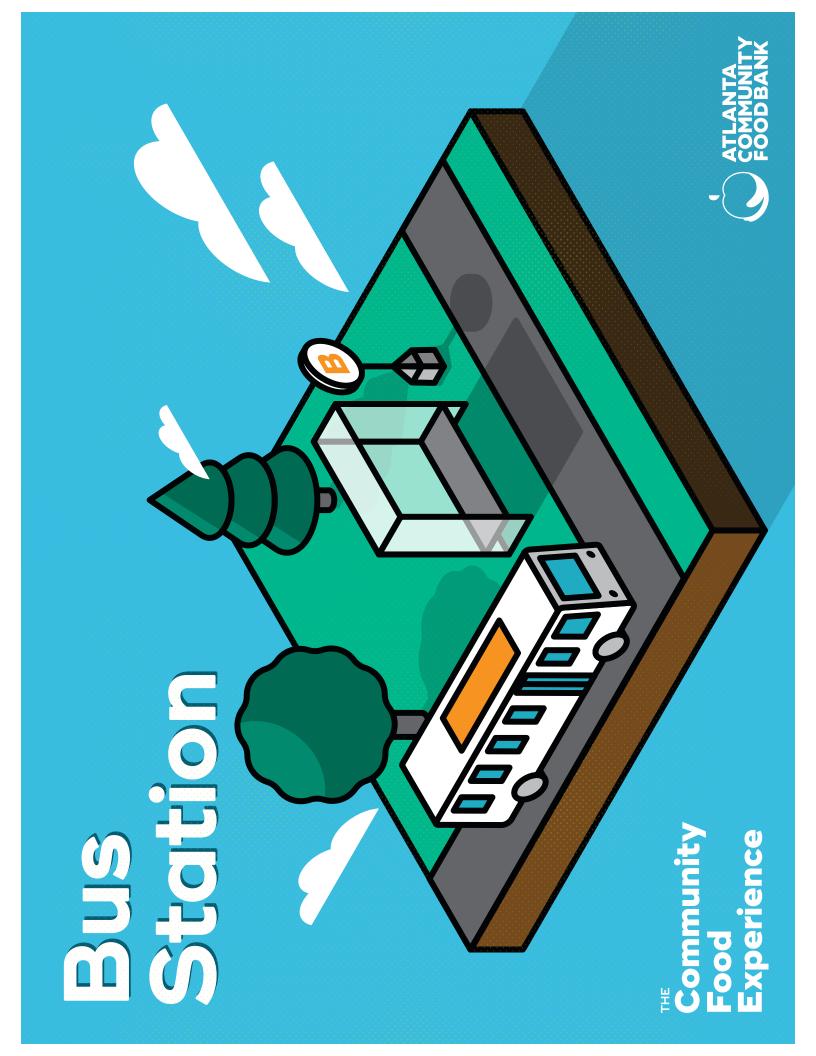


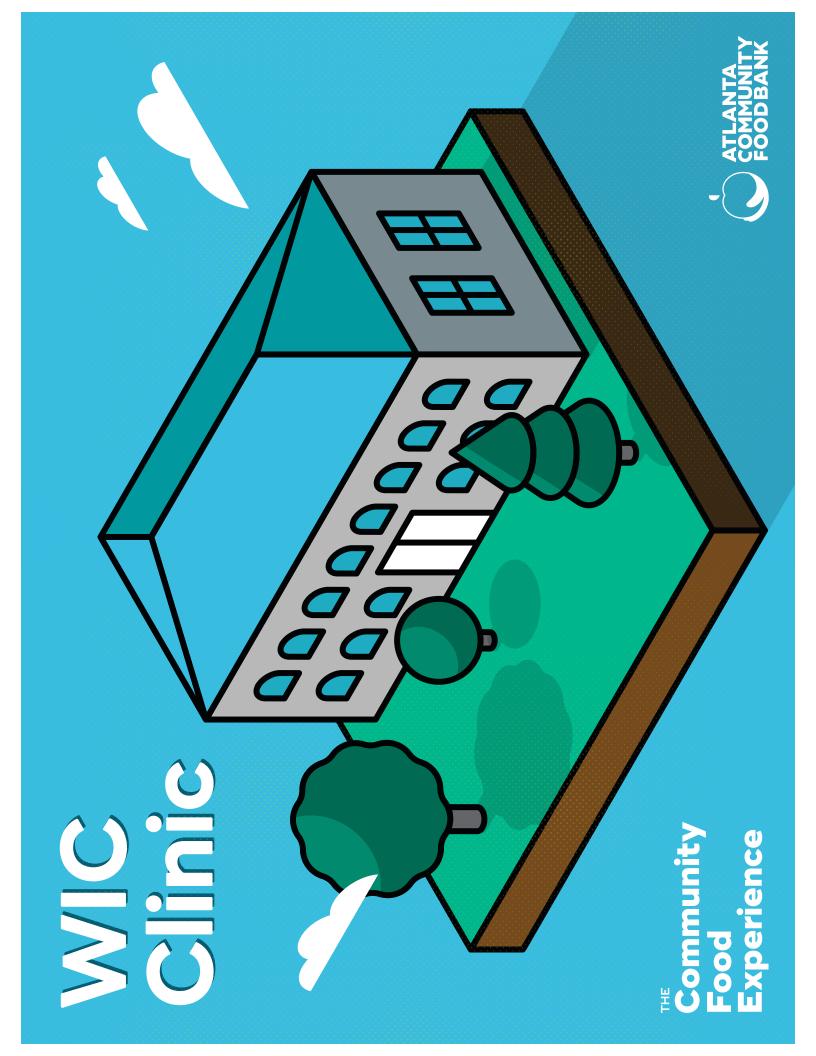




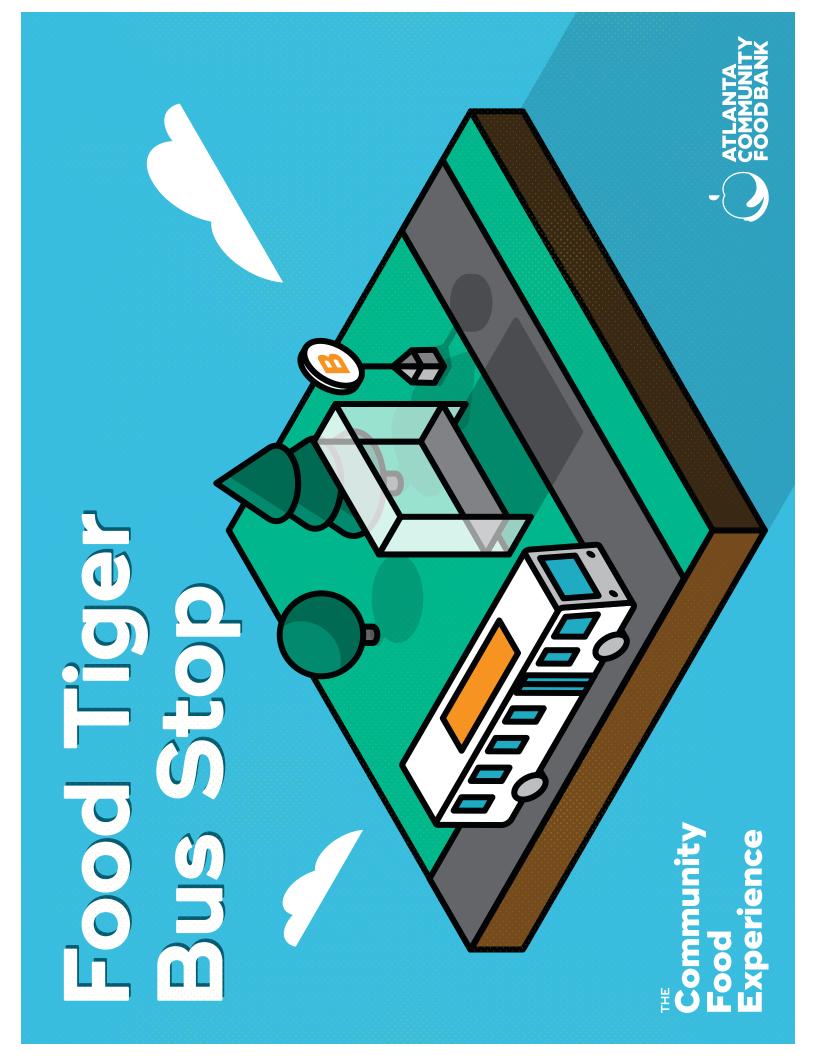
















# 

### **Food Pantry Application**

Name (Last)		(First)		(Middle Initial)
Address (Street)		(City)	(State)	(Zip)
Date of Birth / /	SS	SN	# in hous	ehold
Phone #		# of Children in household	•	
Monthly Household Income		Ages of Children in househo	old	
Do you receive any federal assistance, suc	:h as	S SNAP or WIC?	′es	
Signature			Date	
Food Par	11		lico	
Name (Last)		(First)		(Middle Initial)
Address (Street)		(City)	(State)	(Zip)
Date of Birth / /	SS	6N	# in hous	ehold
Phone #		# of Children in household		
Monthly Household Income		Ages of Children in househo	old	
Do you receive any federal assistance, suc	:h as	s SNAP or WIC?	'es 🗌 No	
Signature			Date	
Food Par	11	try App	licc	ition
Name (Last)		(First)		(Middle Initial)
Address (Street)		(City)	(State)	(Zip)
Date of Birth / /	SS	6N	# in hous	ehold
Phone #		# of Children in household		
Monthly Household Income		Ages of Children in househo	old	
Do you receive any federal assistance, suc	:h as	S SNAP or WIC?	′es	

Date

Signature

### **SNAP Application**

### Supplemental Nutrition Assistance Program

Use your name or write in your Community Member #, if you dont have information for certain sections, mark "no" or write N/A.

Name (Last)			(First)			(Middle Initial)		
Address (Street)			(City)		(State)	(Zip)		
Gender: Male	e 🗌 Female	Date of E	Birth	/ /	SSN	N .		
Phone #			Primar	ry Language		# in household		
Are you married?	Are you pregnant?	Are you	tly	Are you in the U.S.	# of Childre	n in household		
☐ Yes	☐ Yes	employ		legally? □ Yes	Ages of Chi	ldren in household		
□ No	□ No	□ No		□ No	Hourly Wag	e (if provided)		
Monthly Income		Proof of Transportatio	n 🔲 [	Bus Token Bus Pass	Transport	ation Card		
Is anyone in your ho	16		cution, cu	stody, or confinement	after convictio	n, under the law?		
Is anyone in your ho			oarole/pr	obation?				
Has anyone in your			esented	his/her identity or resid	dence to receiv	e any benefits?		
Has anyone in your			a felony	related to a controlled	substance (dr	ugs)?		
Has anyone in your household been found guilty by a court of selling food stamps of \$500 or more?  Yes No If yes, who?								
Do you understand that some able bodied food stamp recipients without dependent children will only be eligible to receive food stamps for a 3 month period unless working or participating in certain education, training or work experience programs for at least 20 hours/week?  Yes No								
Applicant Signature Date								
Case Manager :	Signature				Date			

### **WIC Application**

Use your name or write in your Community Member #, if you dont have information for certain sections, mark "no" or write N/A.

Name (Last)			(Middle Initial)					
Address (Stre	eet)			(City)	(State)	(Zip)		
Gender:	Male  Fer	male [	Date of B	Birth / /		ı		
Phone #		ļ.		Primary Language				
Are you pregnant?	Are you cur employed?	rently	Monthly	y Income:	Number in	Household:		
Yes No	☐ Yes				Hourly Wag	ge (if provided)		
Proof of Transportation	Bus Token		Bus Pass	Transportation Card	Other			
Family/Hou	ısehold Men	nbers A	Applying	g for the WIC Program	ո։			
WIC Type:	Child:	Age o	f Child-	Pregnant: 🗌				
WIC Type:	Child:	Age o	f Child-	Pregnant: 🗌				
WIC Type:	Child:	Age o	f Child-	- Pregnant: 🗌				
WIC Type:	Child:	Age o	f Child-	Pregnant: 🗌				
WIC Type:	Child:	Age o	f Child-	Pregnant: 🗌				
Applicant Sig	nature				Date			
Case Manage	er Signature				Date			
Nutrition Edu	cation Reviewe	ed?		Yes No				

### WIC Clinic Sign In Sheet:

	First Name	Community Member #
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

### Nutrition Education

### Why Whole Grains?

- Consuming whole grains as part of a healthy diet may reduce the risk of heart disease.
- Consuming foods containing fiber, such as whole grains, as part of a healthy diet, may reduce constipation.
- Eating whole grains may help with weight management.
- Eating grain products fortified with folate before and during pregnancy helps prevent neural tube defects during fetal development.

### Why No Sugar Added?

- · Sugar has no nutritional value
- Our bodies don't need sugar
- · Excess sugar can lead to serious health issues

The American Heart Association (AHA) has recommended that Americans drastically cut back on added sugar to help slow the obesity and heart disease epidemics. Our bodies don't need added sugar these are empty calories that offer no nutritional value but can lead to health risks.

### **WIC Approved Foods Include:**

- Whole Milk and 1% Milk
- Whole Wheat Bread
- · Brown Rice
- · Dried and Canned Beans with no added sugar, fat, oil or meat
- 100% Juice
- Fresh Fruit
- · Fresh Vegetables

### **VITA Application**

This application determines eligibility for Earned Income Tax Credit (EITC) and Child Tax Credit (CTC)

Use your name or write in your Community Member #, if you dont have information for certain sections, mark "no" or write N/A.

Name(s) as Shown on Income Tax Return					
Monthly Income from Job Wages / Earnings (SSI ar	nd ur	nemployment not a	oplicable)		
Are you single?		Are you married?	☐ Ye	s 🗌 No	
Do you (and spouse) have a valid Social Security No that allow you to work in the U.S.?	umber (SSN)				
If yes, please list SSN's for you and your spouse			1		
Was all of your income earned in the U.S.?	i		oouse) have an inco s, mutual funds) of l		
☐ Yes ☐ No		Yes	☐ No		
Complete form below if you have children.		Child One	Child Two	Child Three	
Child's Name(s)				 	
Child's SSN(s)	-				
Child's Birthdate(s)					
Was your child under the age of 24 at the end of last year, a full-time student, and younger than you?	1	Yes No	Yes No	Yes No	
Was the child permanently and totally disabled?	-	Yes No	Yes No	Yes No	
Is child your son, daughter, adopted child, stepchild, grandchild, brother, sister, niece, nephew, or foster child?		Yes No	Yes No	Yes No	
Is the child unmarried or if married can be claimed as your dependent?	-	Yes No	Yes No	Yes No	
Did the child live with you in the U.S. for more than half of last year?		Yes No	Yes No	Yes No	
Can any other person besides you (or spouse) claim child for EITC?		Yes No	Yes No	Yes No	
Do you (and your spouse) have a valid SSN that allows you to work in the U.S.?		Yes No	Yes No	Yes No	
If yes, please list SSN's for you and your spouse					
Total number of children under age 16 at the end of last year					

WIC VOUCHER Superposition houses PRUITS PRUITS PROTEIN In transaction.    PRUITS   PROTEIN   Transaction.   PRUITS   PRUITS   PRUITS   PRUITS   PRUITS   PRUITS   PRUITS     PRUITS   PRUITS   PRUITS     PRUITS   PRUITS     PRUITS   PRUITS     PRUITS   PRUITS     PRUITS   PRUITS     PRUITS   PRUITS     PRUITS   PRUITS     PRUITS   PRUITS     PRUITS   PRUITS     PRUITS   PRUITS     PRUITS     PRUITS   PRUITS     PRUIT				
WIC VOUCHER SUPPLEMENTAL NUTRITION PROGRAM FOR WORK, INFANTS, AND CHILDREN    Redeem this youcher item in each listed cotegory.   All WIC purchases must be redeemed in 1 transaction.   DAIRY      WIC VOUCHER   Redeem this youcher item in each listed cotegory.   All WIC purchases must be redeemed in 1 transaction.   DAIRY      WIC VOUCHER   Redeem this youcher item in each listed cotegory.   All WIC purchases must be redeemed in 1 transaction.   DAIRY      WIC VOUCHER   Redeem this youcher item in each listed cotegory.   All WIC purchases must be redeemed in 1 transaction.   DAIRY      WIC VOUCHER   SUPPLEMENTAL NUTRITION PROGRAM FOR WORK, INFANTS, AND CHILDREN   PROTEIN   DAIRY      WIC VOUCHER   SUPPLEMENTAL NUTRITION PROGRAM FOR WORK, INFANTS, AND CHILDREN   PROTEIN   DAIRY      WIC VOUCHER   Supplemental busses   PROTEIN   DAIRY	Redeem this voucher for one WIC food item in each listed category.  All WIC purchases must be redeemed	☐ FRUITS ☐ VEGETABLES ☐ GRAINS	Redeem this voucher for one WIC food item in each listed category.  All WIC purchases must be redeemed	☐ FRUITS ☐ VEGETABLES ☐ GRAINS
WIC VOUCHER SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN PROTEIN IN TRENS, AND CHILDREN Category, All WIC Purchases must be redeemed in 1 transaction.    PROTEIN   PRO	in 1 transaction.		in 1 transaction.	
SUPPLEMENTAL NUTRITION PROGRAM FOR WORK, INFANTS, AND CHILDREN   VEGETABLES   GRAINS   GRAI		☐ DAIRY		☐ DAIRY
SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN   VEGETABLES   GRAINS   GRA	•			
SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN   VEGETABLES   GRAINS   GRA				
Redeem this voucher for one WC food Item in each listed actegory.  All WC purchases All WC purchases In 1 transaction.    PROTEIN   DAIRY      PROTEIN   DAI	SUPPLEMENTAL NUTRITION PROGRAM FOR		SUPPLEMENTAL NUTRITION PROGRAM FOR	
GRAINS   G		☐ VEGETABLES		☐ VEGETABLES
DAIRY   DAIRY   DAIRY	for one WIC food item in each listed	GRAINS	for one WIC food item in each listed	_ ☐ GRAINS
DAIRY   DAIRY   DAIRY	must be redeemed	PROTEIN	must be redeemed	PROTEIN
FRUITS   VEGETABLES   Redeem this voucher for one WIC food item in each listed category.   All WIC purchases must be redeemed in 1 transaction.   DAIRY   PROTEIN   DAIRY   PROTEIN   DAIRY   WEGETABLES   Check appropriate boxes:   FRUITS   PROTEIN   DAIRY   PROTEIN   DAIRY   PROTEIN   PROTEIN   DAIRY   Check appropriate boxes:   FRUITS   PROTEIN   DAIRY   PROTEIN   PROTEIN   DAIRY   PRO	in 1 transaction.	DAIRY	in 1 transaction.	DAIRY
SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN    VEGETABLES     Redeem this voucher for one WIC food item in each listed cutegory.   All WIC purchases must be redeemed in 1 transaction.   DAIRY      WIC VOUCHER     SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN     WEGETABLES     Redeem this voucher for one WIC food item in each listed cutegory.   All WIC purchases must be redeemed in 1 transaction.   DAIRY      WIC VOUCHER     SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN     WEGETABLES     FRUITS     WEGETABLES     Redeem this voucher for one WIC food item in each listed cutegory.   All WIC purchases must be redeemed in 1 transaction.     DAIRY      WEGETABLES     GRAINS     Check appropriate boxes:     FRUITS     WEGETABLES     GRAINS     Check depropriate boxes:     FRUITS     WEGETABLES     GRAINS     Check depropriate boxes:     FRUITS     WEGETABLES     Check depropriate boxes:     FRUITS     WIC VOUCHER     Check depropriate boxes:     FRUITS     WIC PURCHASEM     DAIRY      WIC VOUCHER     Check depropriate boxes:     FRUITS     VEGETABLES     Check depropriate boxes:     FRUITS     VEGETABLES			>	
SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN    VEGETABLES     Redeem this voucher for one WIC food item in each listed cutegory.   All WIC purchases must be redeemed in 1 transaction.   DAIRY      WIC VOUCHER     SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN     WEGETABLES     Redeem this voucher for one WIC food item in each listed cutegory.   All WIC purchases must be redeemed in 1 transaction.   DAIRY      WIC VOUCHER     SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN     WEGETABLES     FRUITS     WEGETABLES     Redeem this voucher for one WIC food item in each listed cutegory.   All WIC purchases must be redeemed in 1 transaction.     DAIRY      WEGETABLES     GRAINS     Check appropriate boxes:     FRUITS     WEGETABLES     GRAINS     Check depropriate boxes:     FRUITS     WEGETABLES     GRAINS     Check depropriate boxes:     FRUITS     WEGETABLES     Check depropriate boxes:     FRUITS     WIC VOUCHER     Check depropriate boxes:     FRUITS     WIC PURCHASEM     DAIRY      WIC VOUCHER     Check depropriate boxes:     FRUITS     VEGETABLES     Check depropriate boxes:     FRUITS     VEGETABLES				
WOMEN, INFANTS, AND CHILDREN    VEGETABLES     Redeem this voucher for one WIC food item in each listed category.   All WIC purchases must be redeemed in 1 transaction.   PROTEIN     DAIRY     WIC VOUCHER     Supplemental Nutrition Program for women, infants, and children     PROTEIN     DAIRY     WIC VOUCHER     PROTEIN     DAIRY     PROTEIN     DAIRY     PROTEIN     DAIRY     WIC VOUCHER     FRUITS     Vegetables     FRUITS     Vegetables     From Wic food item in each listed category.   All Wic purchases must be redeemed in 1 transaction.     DAIRY     Will Wic purchases must be redeemed in 1 transaction.     DAIRY     Check appropriate boxes:     FRUITS     Vegetables     GRAINS     PROTEIN     PROTEIN     DAIRY     Check appropriate boxes:     FRUITS     Vegetables     FRUITS     PROTEIN     DAIRY     Check appropriate boxes:     FRUITS     Vegetables     PROTEIN     DAIRY     Check appropriate boxes:     FRUITS     PROTEIN     DAIRY     Check appropriate boxes:     FRUITS     PROTEIN     DAIRY     Check appropriate boxes:     FRUITS     PROTEIN     Check appropriate boxes:     FRUITS     PROTEIN     Check appropriate boxes:     PROTEIN     PROTEIN     Check appropriate boxes:     PROTEIN     PROTEIN     Check appropriate boxes:     PROTEIN     Chec				
Redeem this voucher for one WIC food item in each listed category.  All WIC purchases must be redeemed in 1 transaction.  Check appropriate boxes:    PROTEIN   PROTEI		□ VEGETARI ES		□VEGETARI ES
item in each listed category.  All WIC purchases roust be redeemed in 1 transaction.  DAIRY    PROTEIN   P	Redeem this voucher	_ VEGETABLES	Redeem this voucher	U VEGETABLES
must be redeemed in 1 transaction.  DAIRY    DAIRY   DAIRY   DAIRY	item in each listed	GRAINS	item in each listed	GRAINS
WIC VOUCHER SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN  Redeem this voucher for one WIC food item in each listed category.  All WIC purchases must be redeemed in 1 transaction.  Check appropriate boxes:  FRUITS  VEGETABLES  GRAINS  GRAINS  GRAINS  GRAINS  DAIRY  Check appropriate boxes:  FRUITS  VEGETABLES  GRAINS  GRAINS  DAIRY  Check appropriate boxes:  FRUITS  WIC VOUCHER  SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN  WIC VOUCHER  SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN  WIC VOUCHER  SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN  WEGETABLES  Check appropriate boxes:  FRUITS  WIC VOUCHER  SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN  VEGETABLES  Redeem this voucher for one WIC food  WEGETABLES  Check appropriate boxes:  FRUITS  WEGETABLES  Redeem this voucher for one WIC food	must be redeemed	PROTEIN	must be redeemed	PROTEIN
SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN    VEGETABLES     Redeem this voucher for one WIC food item in each listed category.   All WIC purchases must be redeemed in 1 transaction.   DAIRY     SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN     VEGETABLES     VEGETABLES     VEGETABLES     VEGETABLES     PROTEIN     DAIRY     PROTEIN     DAIRY     Check appropriate boxes:     FRUITS     VEGETABLES     VEGETABLES     Check appropriate boxes:     FRUITS     VEGETABLES     VEG		DAIRY		DAIRY
SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN    VEGETABLES     Redeem this voucher for one WIC food item in each listed category.   All WIC purchases must be redeemed in 1 transaction.   DAIRY     SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN     VEGETABLES     VEGETABLES     VEGETABLES     VEGETABLES     VEGETABLES     PROTEIN     DAIRY     DAIRY     Check appropriate boxes:     FRUITS     VEGETABLES     VEGETABLES     Check appropriate boxes:     FRUITS     VEGETABLES	······································		<u> </u>	
SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN    VEGETABLES     Redeem this voucher for one WIC food item in each listed category.   All WIC purchases must be redeemed in 1 transaction.   DAIRY     SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN     VEGETABLES     VEGETABLES     VEGETABLES     VEGETABLES     VEGETABLES     PROTEIN     DAIRY     DAIRY     Check appropriate boxes:     FRUITS     VEGETABLES     VEGETABLES     Check appropriate boxes:     FRUITS     VEGETABLES				
Redeem this voucher for one WIC food item in each listed category.  All WIC purchases must be redeemed in 1 transaction.  PROTEIN  DAIRY    PROTEIN   PROTEIN   PROTEIN   DAIRY    DAIRY    Check appropriate boxes:   FRUITS   SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN   VEGETABLES    Redeem this voucher for one WIC food   Redeem this voucher for on	SUPPLEMENTAL NUTRITION PROGRAM FOR		SUPPLEMENTAL NUTRITION PROGRAM FOR	
item in each listed category.  All WIC purchases must be redeemed in 1 transaction.  DAIRY    PROTEIN   PROTEIN   PROTEIN   PROTEIN   DAIRY    DAIRY   PROTEIN   PROTE		☐ VEGETABLES		☐ VEGETABLES
DAIRY    DAIRY   DAIRY   DAIRY      DAIRY   DAIRY      DAIRY   DAIRY      DAIRY   DAIRY      DAIRY	item in each listed	GRAINS	item in each listed	GRAINS
□ DAIRY  WIC VOUCHER SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN  Redeem this voucher for one WIC food  Redeem this voucher for one WIC food	All WIC purchases must be redeemed	PROTEIN	All WIC purchases must be redeemed	PROTEIN
SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN  Redeem this voucher for one WIC food  SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN  VEGETABLES  Redeem this voucher for one WIC food	in Ttransaction.	DAIRY	in i transaction.	DAIRY
SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN  Redeem this voucher for one WIC food  SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN  VEGETABLES  Redeem this voucher for one WIC food	•			
SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN  Redeem this voucher for one WIC food  SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN  VEGETABLES  Redeem this voucher for one WIC food				
SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN  Redeem this voucher for one WIC food  SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN  WOMEN, INFANTS, AND CHILDREN  VEGETABLES  Redeem this voucher for one WIC food	WIC VOUCHER	Check appropriate boxes:	WIC VOUCHER	Check appropriate boxes:
Redeem this voucher for one WIC food  Redeem this voucher for one WIC food  Redeem this voucher for one WIC food	SUPPLEMENTAL NUTRITION PROGRAM FOR	FRUITS	SUPPLEMENTAL NUTRITION PROGRAM FOR	FRUITS
for one WIC food for one WIC food	WOMEN, INFANTS, AND CHILDREN		WOMEN, INFANTS, AND CHILDREN	□VEGETABLES
		☐ VEGETABLES		
All WIC purchases PROTEIN  All WIC purchases PROTEIN  must be redeemed	for one WIC food item in each listed	GRAINS	for one WIC food item in each listed	GRAINS
in 1 transaction.  DAIRY	for one WIC food item in each listed category.  All WIC purchases must be redeemed	GRAINS	for one WIC food item in each listed category.  All WIC purchases must be redeemed	GRAINS

### **Food Cards**























































































# FRIED CHICKEN

	259	15g	49	86mg	265mg	89	0.59	Og	21g
\$0.75	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



# FRIED CHICKEN

	259	15g	49	86mg	265mg	89	0.5g	Og	21g
Food Tiger \$0.75	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

### **S**

# FRIED CHICKEN

FRIED CHICKEN

Food Tiger

	259	15g	49	86mg	265mg	89	0.5g	Og	21g
 \$0.75 \$0.75	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

86mg

Saturated Fat Cholesterol

Calories Total Fat 265mg

8g 0.5g

**Total Carbohydrate** 

Fiber Sugars

Sodium

## 3 PROTEIN, 5 FAT

3 PROTEIN, 5 FAT

3 PROTEIN, 5 FAT

3 PROTEIN, 5 FAT

Protein



# FRIED CHICKEN

**Food Tiger** 

\$0.75	
Calories	259
Total Fat	15g
Saturated Fat	49
Cholesterol	86mg
Sodium	265mg
<b>Total Carbohydrate</b>	89
Fiber	0.5g
Sugars	Og
Protein	21g

3 PROTEIN, 5 FAT



# FRIED CHICKEN

- Food Tiger

Calories	259
Total Fat	15g
Saturated Fat	49
Cholesterol	86mg
Sodium	265mg
Total Carbohydrate	89
Fiber	0.59
Sugars	Og
Protein	21g

3 PROTEIN, 5 FAT



# FRIED CHICKEN

Food Tiger

	259	15g	49	86mg	265mg	89	0.5g	Og	219
\$0.75	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

3 PROTEIN, 5 FAT



# — Food Tiger — \$0.75

FRIED CHICKEN

Calories	259
Total Fat	15g
Saturated Fat	49
Cholesterol	86mg
Sodium	265mg
<b>Total Carbohydrate</b>	89
Fiber	0.59
Sugars	Og
Protein	21g

3 PROTEIN, 5 FAT



RESH

### SALMON

<u></u>	155	7g	19	60mg	48mg	gO g	Og	Og	22g
\$2.19 \$2.19	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

3 PROTEIN, 1 FAT



### SALMON

	155	7g	1g	60mg	48mg	Og	Og	Og	22g
Food Tiger \$2.19	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



### SALMON

	155	79	1g	60mg	48mg	Og	Og	Og	22g
Food Tiger \$2.19	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



RESH

SALMON

	155	79	1g	60mg	48mg	Og	Og	Og	22g
\$2.19	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

3 PROTEIN, 1 FAT

3 PROTEIN, 1 FAT

3 PROTEIN, 1 FAT



RESH

### SALMON

	155	7g	19	60mg	48mg	Og	Og	Og	22g
Food Tiger \$2.19	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

3 PROTEIN, 1 FAT



ESH

### SALMON Food Tiger \$2319

94:10	
Calories	155
Total Fat	7g
Saturated Fat	19
Cholesterol	60mg
Sodium	48mg
<b>Total Carbohydrate</b>	Og
Fiber	Og
Sugars	Og
Protein	22g

3 PROTEIN, 1 FAT



SALMON

	155	79	1g	60mg	48mg	Og	Og	Og	22g
\$2.19	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

3 PROTEIN, 1 FAT



S.H

### SALMON

		155	79	1g	60mg	48mg	Og	Og	Og	22g
; ( ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ;	\$2.19	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

3 PROTEIN, 1 FAT



# MAC & CHEESE

Food Tiger

\$0.21	
Calories	204
Total Fat	9g
Saturated Fat	3.5g
Cholesterol	14mg
Sodium	397mg
Total Carbohydrate	249
Fiber	1.5g
Sugars	2g
Protein	89



# MAC & CHEESE

**Food Tiger** 

204
9 0
3.59
14mg
397mg
249
1.5g
29
89
, 07



# MAC & CHEESE

MAC & CHEESE

Food Tiger .

	204	9 0	3.5g	14mg	397mg	249	1.5g	2g	89
Food Tiger <b>\$0.21</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

397mg

3.5g 14mg

Saturated Fat Cholesterol

**Total Fat** 

Calories

1.5g

249

Total Carbohydrate

Fiber Sugars

Protein

Sodium

DAIRY	
2 FAT, 1	
OTEIN,	
IN, 1 PR	
3 GRAI	

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY



# MAC & CHEESE

**Food Tiger** 

	204	9 9	3.59	14mg	397mg	24g	1.59	2g	89
\$0.21	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY



# MAC & CHEESE

- Food Tiger

40.N	
Calories	204
Total Fat	99
Saturated Fat	3.59
Cholesterol	14mg
Sodium	397mg
<b>Total Carbohydrate</b>	249
Fiber	1.5g
Sugars	29
Protein	89

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY



# MAC & CHEESE

	204	9 <sub>0</sub>	3.5g	14mg	397mg	249	1.5g	29	8g
Food Tiger <b>\$0.21</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY



# MAC & CHEESE

		204	9g	3.59	14mg	397mg	24g	1.5g	2g	89
i T	\$0.21	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY



WIC

BANANA

.ec.	105	0.59	Og	Omg	1mg	te 27g	39	14g	1g
Food Tiger \$0.28	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



		105	0.5g	Og	Omg	1mg	27g	39	14g	70
FRESH BANANA	Food Tiger <b>\$0.28</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein





WIC



BANANA

Food Tiger

	, (
Calories	105
Total Fat	0.59
Saturated Fat	Og
Cholesterol	Omg
Sodium	1mg
<b>Total Carbohydrate</b>	27g
Fiber	39
Sugars	14g
Protein	1g

Og Omg 1mg 27g 39 14g

Saturated Fat Cholesterol

**Total Fat** Calories

**Total Carbohydrate** 

Sugars Protein

Fiber

Sodium

Ħ	
2	
<u>и</u>	

**2 FRUIT** 

**2 FRUIT** 

**2 FRUIT** 







WIC





2 FRUIT

**2 FRUIT** 

# WIC

- Food

14g

2 FRUIT

Protein Sugars

Total Carbohydrate

Sodium

0.5g Og Omg 1mg 27g

> Saturated Fat Cholesterol

**Total Fat** 



	1	10	_	
A		105	0.59	(
AN	Tiger 28			

BANANA

**Food Tiger** \$0.28

<b>\$0.28</b>			
ries	105		
l Fat	O.5g		
rated Fat	Og		
esterol	Omg		
un	1mg		
l Carbohydrate	27g		
	3g		
ırs	14g		
ein	1g		
2 FRUIT			L

N A	Γ	105	0.5g	Og	Omg	1mg	27g	39	14g	1g
RESH BANANA	Food Tiger \$0.28	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



**TOMATO** 

Food Tiger \$0.99	
Calories	22
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
<b>Total Carbohydrate</b>	<b>5</b> g
Fiber	1.5g
Sugars	3g
Protein	1g



**FOMATO** 

\$0.99	
Calories	22
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
<b>Total Carbohydrate</b>	<b>5</b> g
Fiber	1.5g
Sugars	39
Protein	1g



	22	Og	Og	Omg	6mg	<b>5</b> g	1.5g	39	19
 \$0.99 \$0.99	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



		22	Og	Og	Omg	6mg	<b>5</b> g	1.5g	39	<mark>1</mark>
; ( ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ;	\$0.08	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE



	22	Og	Og	Omg	6mg	5g	1.5g	3g	1g
Food Tiger \$0.99	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

1 VEGETABLE



- Food Tiger -

#C.0#	
Calories	22
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
<b>Total Carbohydrate</b>	<b>5</b> g
Fiber	1.5g
Sugars	39
Protein	1g

1 VEGETABLE

1 VEGETABLE

Protein Sugars

**TOMATO** 

TOMATO

- Food Tiger - **\$0.99** 

		22	Og	Og	Omg	6mg	5g	1.5g	39	1g
; (;; ); F	\$0.09	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

Saturated Fat Cholesterol

Total Fat

**Total Carbohydrate** 

Sodium

1 VEGETABLE



# BOLOGNA

	88	89	4	18mg	330mg	1g	Og	Og	39
Food Tiger \$0.13	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## BOLOGNA

	88	89	49	18mg	330mg	<b>1</b> g	Og	Og	39
Food Tiger \$0.13	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



### Food Tiger\$0.13

BOLOGNA

	88	89	49	18mg	330mg	1 p	Og	Og	39
) <del> </del>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



	88	89	49	18mg	330mg	19	Og	Og	39
Food Tiger \$0.13	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



1 FAT

1 FAT

1 FAT



### BOLOGNA

	88	89	49	18mg	330mg	1g	Og	Og	39
Food Tiger \$0.13	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



### BOLOGNA

	88	89	4	18mg	330mg	1g	Og	Og	39
Food Tiger \$0.13	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## BOLOGNA

Calories 88  Total Fat 89  Saturated Fat 49  Cholesterol 18mg Sodium 330mg Total Carbohydrate 19 Fiber 09	- Food Tiger
18 330 drate	ies 88
18 330 drate	Fat 8g
erol 18 330 arbohydrate	ated Fat 4g
330 arbohydrate	sterol 18mg
arbohydrate	m 330mg
	Carbohydrate 1g
	gO
	rs
Protein 3g	in 3g



### BOLOGNA

Food Tiger

2.04	
Calories	88
Total Fat	89
Saturated Fat	49
Cholesterol	18mg
Sodium	330mg
<b>Total Carbohydrate</b>	<b>1</b>
Fiber	Og
Sugars	Og
Protein	39

1 FAT

1 FAT

1 FAT

1 FAT



APPLE

\$0.35	
Calories	92
Total Fat	0.5g
Saturated Fat	Og
Cholesterol	Omg
Sodium	2mg
<b>Total Carbohydrate</b>	25g
Fiber	4.5g
Sugars	19g
Protein	Og



WIC

Og Omg 2mg 25g 4.5g 19g Food Tiger \$0.35 APPLE Total Carbohydrate Saturated Fat Cholesterol **Total Fat** Calories Sodium Sugars Protein Fiber



WIC APPLE **Food Tiger** 

\$0.35	
Calories	92
Total Fat	0.5g
Saturated Fat	Og
Cholesterol	Omg
Sodium	2mg
Total Carbohydrate	25g
Fiber	4.5g
Sugars	19g
Protein	Og
2 FRUIT	





WIC

WIC

**2 FRUIT** 

**2 FRUIT** 

WIC

APPLE

APPLE

APPLE

**Food Tiger** 

\$0.35

**Food Tiger** 

**\$0.35** 

Food Tiger

\$0.35



Og Omg 2mg 25g 4.5g 19g

Saturated Fat

Total Fat

Calories

Cholesterol

Sodium

Total Carbohydrate

2 FRUIT

Protein

Sugars

Fiber



Og Omg 2mg 25g 4.5g 19g 0g

Saturated Fat

**Total Fat** 

0.5g Og Omg

> Saturated Fat Cholesterol

**Total Fat** Calories

Calories

Cholesterol

Sodium

2mg

25g **4.5**g

Total Carbohydrate

Sodium

Total Carbohydrate

2 FRUIT

**2 FRUIT** 

Protein Sugars

Protein

Sugars

19g

Fiber



# **CANDY BAR**

- Food Tiger

	232	14g	<b>5</b> g	3mg	161mg	25g	2g	21g	4	
\$0.61	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein	



# CANDY BAR

	232	14g	5g	3mg	161mg	25g	2g	21g	49
\$0.61	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



# CANDY BAR

	232	14g	59	3mg	161mg	25g	29	21g	49
Food Tiger <b>\$0.61</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



# CANDY BAR

	232	14g	5g	3mg	161mg	25g	2g	21g	49
Food Tiger \$0.61	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



3 FAT

3 FAT

3 FAT



# CANDY BAR

	232	14g	5g	3mg	mg	25g	<b>2</b> g	21g	4g
L	N	<del>, '</del>		ĕ	161mg	N		N	·
Food Tiger <b>\$0.61</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



# CANDY BAR

	232	14g	<b>5</b> g	3mg	161mg	25g	2g	21g	49
Food Tiger \$0.61	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



# CANDY BAR

	232	14g	59	3mg	161mg	te 25g	29	21g	49
Food Tiger <b>\$0.61</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



# CANDY BAR

		232	14g	5g	3mg	161mg	25g	2g	219	49
Food Tiger	\$0.61	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

3 FAT

3 FAT

3 FAT

3 FAT



# GROUND BEEF

	196	10g	49	76mg	74mg	Og	Og	Og	24g
Food Tiger \$0.84	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



# GROUND BEEF

	196	10g	49	76mg	74mg	Og	Og	Og	24g
Food Tiger	<b>50.84</b> Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

Ā
2 F
Z Z Z
PROTEIN

3 PROTEIN, 2 FAT



# **GROUND BEEF**

		196	10g	49	76mg	74mg	Og	Og	Og	24g
TOUR POOL	\$0.84	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



# GROUND BEEF Food Tiger \$0.84

-	
Calories	196
Total Fat	10g
Saturated Fat	49
Cholesterol	76mg
Sodium	74mg
<b>Total Carbohydrate</b>	Og
Fiber	Og
Sugars	Og
Protein	24g

# 3 PROTEIN, 2 FAT

3 PROTEIN, 2 FAT



# GROUND BEEF

	196	10g	49	76mg	74mg	Og	Og	Og	24g
Food Tiger <b>\$0.84</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

3 PROTEIN, 2 FAT



# GROUND BEEF

- Food Tiger

\$0.84	Calories 196	Total Fat 10g	Saturated Fat 4g	Cholesterol 76mg	Sodium 74mg	Total Carbohydrate Og	iber	Sugars	Protein 24g
	Calo	Toto	Sati	Cho	Sod	Toto	Fiber	Sug	Prot

3 PROTEIN, 2 FAT



# **GROUND BEEF**

; (**; F	\$0.84	ories 196	al Fat 10g	Saturated Fat 4g	Cholesterol 76mg	ium 74mg	Total Carbohydrate Og	er Og	ars	24g
		Calories	Total Fat	Satura	Cholest	Sodium	Total C	Fiber	Sugars	Protein

3 PROTEIN, 2 FAT



# GROUND BEEF

- Food Tiger

\$0.84	
Calories	196
Total Fat	10g
Saturated Fat	49
Cholesterol	76mg
Sodium	74mg
<b>Total Carbohydrate</b>	Og
Fiber	Og
Sugars	Og
Protein	240

3 PROTEIN, 2 FAT



### COOKIES

	167	7g	2g	Omg	140mg	26g	1g	15g	2g
\$0.15	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

1 GRAIN, 1 FAT



### COOKIES

	167	7g	2g	Omg	140mg	26g	1g	15g	2g
Food Tiger	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

1 GRAIN, 1 FAT



### COOKIES

COOKIES

- Food Tiger - **\$0.15** 

ies 167	Fat 7g	Saturated Fat 2g	esterol Omg	um 140mg	Total Carbohydrate 26g	19	rs 15g	in 2g
Calories	Total Fat	Satura	Cholesterol	Sodium	Total (	Fiber	Sugars	Protein

Omg

140mg

29

Saturated Fat Cholesterol

**Total Fat** Calories

26g 1<sub>9</sub> 15g

**Total Carbohydrate** 

Sugars

Fiber

Protein

Sodium

1 GRAIN, 1 FAT





### COOKIES

COOKIES

COOKIES

- Food Tiger

\$0.15

- Food Tiger

\$0.15

- Food Tiger

ULOA ULOA	
Calories	167
Total Fat	79
Saturated Fat	2g
Cholesterol	Omg
Sodium	140mg
<b>Total Carbohydrate</b>	26g
Fiber	19
Sugars	15g
Protein	29

**2**g Omg

Saturated Fat Cholesterol

**2**g Omg

Saturated Fat Cholesterol

**Total Fat** 

**Total Fat** Calories

26g 140mg

**Total Carbohydrate** 

26g 140mg

Total Carbohydrate

Sodium

<u>1</u>

Sodium

1 GRAIN, 1 FAT

1 GRAIN, 1 FAT

1 GRAIN, 1 FAT

Protein Sugars

Protein

Sugars



)	
Calories	167
Total Fat	7g
Saturated Fat	29
Cholesterol	Omg
Sodium	140mg
<b>Total Carbohydrate</b>	26g
Fiber	1g
Sugars	15g
Protein	29



### Food Tiger

COOKIES

Calories	167
Total Fat	7g
Saturated Fat	2g
Cholesterol	Omg
Sodium	140mg
<b>Total Carbohydrate</b>	26g
Fiber	1 <sub>9</sub>
Sugars	15g
Protein	2g

1 GRAIN, 1 FAT



### SODA

	152	Og	Og	Omg	15mg	40g	Og	40g	Og
 \$0.39	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



### SODA

	152	Og	Og	Omg	15mg	40g	Og	40g	Og
Food Tiger \$0.39	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



### Food Tiger SODA

710	701	Og	Og	Omg	15mg	40g	Og	40g	Og
	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



### SODA

	152	Og	Og	Omg	15mg	40g	Og	40g	Og
Food Tiger \$0.39	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

### 1 EXTRA

1 EXTRA

1 EXTRA

1 EXTRA



### SODA

00.00	
Calories	152
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	15mg
<b>Total Carbohydrate</b>	40g
Fiber	Og
Sugars	40g
Protein	Og

Og Omg 15mg 40g 0g 40g

Saturated Fat Cholesterol

Og Omg 15mg 40g Og 40g

Saturated Fat Cholesterol

**Total Fat** 

Total Fat Calories

Total Carbohydrate

Total Carbohydrate

Sodium

Sodium



### **Food Tiger**

Food Tiger

**Food Tiger** 

\$0.39

SODA

\$0.39

SODA

Calories	152
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	15mg
<b>Total Carbohydrate</b>	40g
Fiber	Og
Sugars	40g
Protein	Og



1 EXTRA

1 EXTRA

Protein Sugars

Protein Sugars Fiber



### 1 EXTRA



	26	Og	Og	Omg	6mg	14g	Og	10g	Og
Food Tiger \$0.04	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



### JELLY

		26	Og	Og	Omg	6mg	14g	Og	10g	Og
Food Tiger	\$0.04	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



### JELLY

	26	Og	Og	Omg	6mg	14g	Og	10g	Og
Food Tiger \$0.04	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



### JELLY

		26	Og	Og	Omg	6mg	14g	Og	10g	Og
:	\$0.04	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

1 EXTRA

1 EXTRA

1 EXTRA

1 EXTRA



### JELLY

\$0.04	
Calories	26
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
<b>Total Carbohydrate</b>	14g
Fiber	Og
Sugars	10g
Protein	Og



### - Food Tiger

**Food Tiger** 

JELLY

• ) ) }	
Calories	26
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
<b>Total Carbohydrate</b>	14g
Fiber	Og
Sugars	10g
Protein	Og

Cholesterol Sodium Total Carbohydrate

Saturated Fat Total Fat



	26	Og	Og	Omg	6mg	14g	Og	10g	Og
\$0.04	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

1 EXTRA

1 EXTRA

Food Tiger -JELLY Sodium Total Carbohydrate Saturated Fat Cholesterol Total Fat

Food Tiger -

JELLY

Protein

1 EXTRA

Sugars

Protein Sugars Fiber

1 EXTRA



### WIC **PEANUT BUTTER**

\$0.16	
Calories	190
Total Fat	16g
Saturated Fat	2.5g
Cholesterol	Omg
Sodium	117mg
<b>Total Carbohydrate</b>	6g
Fiber	2g
Sugars	3.5g
Protein	89



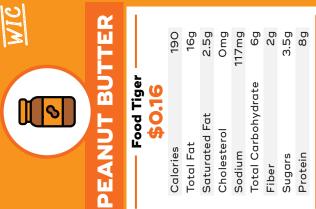
### WIC **PEANUT BUTTER**

\$0.16	
Calories	190
Total Fat	16g
Saturated Fat	2.5g
Cholesterol	Omg
Sodium	117mg
<b>Total Carbohydrate</b>	6g
Fiber	2g
Sugars	3.5g
Protein	89





# **PEANUT BUTTER**



Food Tiger

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1 PROTEIN, 3 FAT

1 PROTEIN, 3 FAT

1 PROTEIN, 3 FAT







# Food Tiger -

91.04	
Calories	190
Total Fat	16g
Saturated Fat	2.5g
Cholesterol	Omg
Sodium	117mg
<b>Total Carbohydrate</b>	6g
Fiber	2g
Sugars	3.5g
Protein	89



# **PEANUT BUTTER**





### **PEANUT BUTTER**

i	\$0.16	190	169	2.59	Omg	117mg	drate 6g	29	3.59	89
	000 000 000 000 000 000 000 000 000 00	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein







\$0.16	
Calories	190
Total Fat	16g
Saturated Fat	2.5g
Cholesterol	Omg
Sodium	117mg
<b>Total Carbohydrate</b>	<b>6</b> 9
Fiber	2g
Sugars	3.5g
Protein	89

FAT
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1 PROTEIN, 3 FAT

1 PROTEIN, 3 FAT



WIC

WIC

# **PEANUT BUTTER**

		190	16g	2.5g	Omg	117mg	6g	2g	3.5g	80
i -	\$0.16 \$0.16	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

### 1 PROTEIN, 3 FAT



### CEREAL

	155	<b>6</b>	Og	Omg	197mg	37g	19	15g	2g
Food Tiger <b>\$0.19</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



### CEREAL

- Food Tiger

\$0.19	
Calories	155
Total Fat	<b>1</b>
Saturated Fat	Og
Cholesterol	Omg
Sodium	197mg
<b>Total Carbohydrate</b>	37g
Fiber	1g
Sugars	15g
Protein	2g



### CEREAL

	155	1g	Og	Omg	197mg	37g	1g	15g	2g
Food Tiger \$0.19	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



Og

37g 1<sub>9</sub> 15g



2 GRAIN

2 GRAIN

2 GRAIN



### CEREAL

CEREAL

Food Tiger

\$0.19

- Food Tiger

\$0.19	
Calories	155
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	197mg
<b>Total Carbohydrate</b>	37g
Fiber	1g
Sugars	15g
Protein	29

197mg

37g

Total Carbohydrate

Sodium

Og Omg

Saturated Fat Cholesterol

**Total Fat** 



### CEREAL

Food Tiger

# OF THE PROPERTY OF THE PROPE	
Calories	155
Total Fat	<u>p</u>
Saturated Fat	Og
Cholesterol	Omg
Sodium	197mg
<b>Total Carbohydrate</b>	37g
Fiber	1g
Sugars	15g
Protein	29



### CEREAL

- Food Tiger

\$0.19	
Calories	155
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	197mg
Total Carbohydrate	37g
Fiber	1g
Sugars	15g
Protein	29

2 GRAIN

2 GRAIN

2 GRAIN

Protein Sugars

2 GRAIN



### SAUSAGE

	286	239	89	47mg	1002mg	3.5g	Og
\$0.66	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber

2 PROTEIN, 4 FAT

Protein



### SAUSAGE

\$0.66 \$0.66	
Calories	286
Total Fat	239
Saturated Fat	8
Cholesterol	47mg
Sodium 1	1002mg
Total Carbohydrate	3.50
Fiber	Õ
Sugars	10
Protein	16ç

2 PROTEIN, 4 FAT



# SAUSAGE

	286	23g	89	47mg	1002mg	3.5g	Og	1g	16g
Food Tiger \$0.66	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

2 PROTEIN, 4 FAT



	_
90.0A	
Calories	286
Total Fat	239
Saturated Fat	89
Cholesterol	47mg
Sodium	1002mg
<b>Total Carbohydrate</b>	3.59
Fiber	Og
Sugars	1g
Protein	16g

2 PROTEIN, 4 FAT



### SAUSAGE

SAUSAGE

Food Tiger -\$0.66

Food Tiger

\$0.66	
Calories	286
Total Fat	23g
Saturated Fat	89
Cholesterol	47mg
Sodium	1002mg
<b>Total Carbohydrate</b>	3.5g
Fiber	Og
Sugars	1g
Protein	16g

47mg

Saturated Fat Cholesterol 1002mg

3.5g Og

Total Carbohydrate

Sodium

286 23g 8g

Calories Total Fat 2 PROTEIN, 4 FAT

2 PROTEIN, 4 FAT

Protein

Sugars



### SAUSAGE

Food Tiger

	286	23g	89	47mg	1002mg	3.5g	Og	1g	16g	
\$0.66	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein	

2 PROTEIN, 4 FAT



### SAUSAGE

	286	23g	89	47mg	1002mg	3.5g	Og	1g	16g
\$0.08 \$0.66	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

2 PROTEIN, 4 FAT



EGG

### 169mg **2**g 88mg Og 9 **7**g <u>6</u> <u>1</u> Food Tiger \$0.16 Total Carbohydrate Saturated Fat Cholesterol **Total Fat** Calories Sodium Sugars Fiber

## 1 PROTEIN, 1 FAT

Protein



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			91	79	2g	169mg	88mg	19	Og	19	6g	
EGG	Food Tiger	\$0.16	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein	

169mg **2**g

Saturated Fat Cholesterol

**Total Fat** 

Calories

9

Food Tiger \$0.16

EGG

88mg

Total Carbohydrate

Sodium

Og

<u>1</u>

Sugars Protein

Fiber

29

9 7g 88mg

169mg

Og <u>1</u>

1 PROTEIN, 1 FAT

1 PROTEIN, 1 FAT

1 PROTEIN, 1 FAT

<u>1</u>

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### **Food Tiger \$0.16**

Calories	9
Total Fat	7g
Saturated Fat	29
Cholesterol	169mg
Sodium	88mg
<b>Total Carbohydrate</b>	1g
Fiber	Og
Sugars	1g
Protein	<b>6</b> 9

### 1 PROTEIN, 1 FAT

### **2**g 88mg Og 7g 169mg <u>1</u> Total Carbohydrate Saturated Fat Cholesterol

Sodium

1 PROTEIN, 1 FAT

Protein

Sugars

<u>1</u>

•	
Calories	φ,
Total Fat	7
Saturated Fat	29
Cholesterol	169mg
Sodium	88mg
<b>Total Carbohydrate</b>	10
Fiber	Õ
Sugars	10
Protein	9

1 PROTEIN, 1 FAT

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**Total Fat** 

Calories

**Food Tiger** 

EGG

\$0.16

Food Tiger EGG Saturated Fat Cholesterol Total Fat Calories

169mg \$0.16

9

**2**g

Og 88mg <u>0</u> Total Carbohydrate Protein Sodium Sugars Fiber

1 PROTEIN, 1 FAT



# POTATO CHIPS

	154	10g	19	Omg	128mg	14g	19	Og	2g
Food Tiger \$0.14	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



# POTATO CHIPS

	154	10g	J <sub>0</sub>	Omg	128mg	14g	1g	Og	2g
Food Tiger <b>\$0.14</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



# POTATO CHIPS

Food Tiger —

	154	10g	1g	Omg	128mg	14g	1 <sub>0</sub>	Og	2g
\$0.14	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



10g **1** Omg 14g 1<sub>9</sub> Og

2 FAT

2 FAT

2 FAT

2 FAT



# POTATO CHIPS

	154	10g	1g	Omg	128mg	14g	19	Og	2g
Food Tiger <b>\$0.14</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



# POTATO CHIPS

\$0.14	ries 154	il Fat 10g	Saturated Fat 1g	lesterol Omg	ium 128mg	Total Carbohydrate 14g	ir 1g	ars Og	ein 2g
_	Calories	Total Fat	Saturate	Cholesterol	Sodium	Total Ca	Fiber	Sugars	Protein



# POTATO CHIPS

\$0.14 \$0.14 Calories  Calories Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Fiber Sugars
---



# POTATO CHIPS

- Food Tiger

41.04	
Calories	154
Total Fat	10g
Saturated Fat	1 <sub>g</sub>
Cholesterol	Omg
Sodium	128mg
<b>Total Carbohydrate</b>	14g
Fiber	1g
Sugars	Og
Protein	2g

2 FAT

2 FAT

2 FAT

2 FAT



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# BROCCOL

Food Tiger

\$0.28	Č
Calories	3.7
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	30mg
Total Carbohydrate	6g
Fiber	2.5g
Sugars	1.5g
Protein	2.5g





# BROCCOL

i i	
\$0.28	
Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	30mg
<b>Total Carbohydrate</b>	<b>6</b> 9
Fiber	2.59
Sugars	1.59
Protein	2.5g

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### Food Tiger

BROCCOL

BROCCOLI

Food Tiger

\$0.28

31	Og	Og	Omg	30mg	ate 6g	2.5g	1.5g	2.5g
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

Omg 30mg 6g 2.5g 1.5g

**Total Carbohydrate** 

Sugars Protein

Fiber

Sodium

Og

Saturated Fat Cholesterol

**Total Fat** Calories

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### Food Tiger \$0.28

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Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	30mg
<b>Total Carbohydrate</b>	<b>6</b> 9
Fiber	2.59
Sugars	1.5g
Protein	2.59

### 1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

Protein Sugars

Protein

Sugars Fiber

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BROCCOLI

BROCCOLI

**Food Tiger** 

\$0.28

- Food Tiger

\$0.28

	31	Og	Og	Omg	30mg	6g	2.5g	1.5g	2.5g
\$0.28	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

Og Omg 30mg **6**g **2.5**g 1.5g

Saturated Fat Cholesterol

**Total Fat** Calories

> Og Og Omg 30mg **6** 2.5g 1.5g

> > Saturated Fat Cholesterol

**Total Fat** Calories

Total Carbohydrate

Total Carbohydrate

Sodium

Sodium

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# WHEAT BREAD

WHEAT BREAD

Food Tiger -

	78	<u>p</u>	Og	Omg	151mg	14g	1 <sub>0</sub>	2g	39
Food Tiger	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein





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# WHEAT BREAD

WHEAT BREAD

**Food Tiger** \$0.20

Food Tiger

	78	1g	Og	Omg	151mg	14g	1g	2g	39
\$0.20	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

Og

Saturated Fat

Og Omg 151mg 14g

Saturated Fat Cholesterol

**Total Fat** Calories

**Total Fat** 

Calories

Cholesterol

Sodium

151mg 14g

**Total Carbohydrate** 

Total Carbohydrate

Sodium

Omg

2 3 9

Sugars Protein

2 g

Sugars Protein

Fiber

1 GRAIN

1 GRAIN

Fiber

1 GRAIN

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# WHEAT BREAD

**Food Tiger** 

\$0.20	
Calories	78
Total Fat	1 <sub>9</sub>
Saturated Fat	Og
Cholesterol	Omg
Sodium	151mg
<b>Total Carbohydrate</b>	14g
Fiber	19
Sugars	2g
Protein	39

1 GRAIN

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# WHEAT BREAD

- Food Tiger

WHEAT BREAD

Food Tiger

\$0.20

\$0.20	
Calories	78
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	151mg
<b>Total Carbohydrate</b>	14g
Fiber	1g
Sugars	2g
Protein	39



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	78	1g	Og	Omg	151mg	14g	1g	2g
\$0.20	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars

Og

Saturated Fat Cholesterol

Total Fat

Calories

Omg 151mg 14g

Total Carbohydrate

Sodium

**1** 

1 GRAIN

1 GRAIN

1 GRAIN

Protein

Sugars

Fiber

Protein





### 1% MILK

1% MILK

Food Tiger \$0.18

		102	2g	2g	12mg	107mg	12g	Og	13g	8g
Food Tiger	\$0.18	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein





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### WIC



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### 1% MILK

1% MILK

Food Tiger | \$0.18

		102	2g	2g	12mg	107mg	12g	Og	13g	89
;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;;	\$0.18 \$0.18	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

107mg

Total Carbohydrate

Sodium

12mg

Saturated Fat Cholesterol

**Total Fat** Calories

Og 13g

1 DAIRY, 1 PROTEIN, 1 FAT

1 DAIRY, 1 PROTEIN, 1 FAT

Protein Sugars Fiber



12g Og

**Total Carbohydrate** 

Fiber Sugars Protein

Sodium

12mg **2**g

Saturated Fat Cholesterol

**Total Fat** 

Calories

107mg





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### 1% MILK

- Food Tiger

<b>\$0.18</b>	
Calories	102
Total Fat	29
Saturated Fat	29
Cholesterol	12mg
Sodium	107mg
<b>Total Carbohydrate</b>	12g
Fiber	Og
Sugars	139
Protein	89

1 DAIRY, 1 PROTEIN, 1 FAT

1 DAIRY, 1 PROTEIN, 1 FAT



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Calories	102
Total Fat	2g
Saturated Fat	2g
Cholesterol	12mg
Sodium	107mg
<b>Total Carbohydrate</b>	12g
Fiber	Og
Sugars	13g
Protein	89

107mg

12g Og 13g

Total Carbohydrate

Sugars Protein

Sodium

**2**g **2**g 12mg

> Saturated Fat Cholesterol

**Total Fat** 

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1% MILK

**Food Tiger** 

\$0.18

0.00	
Calories	102
Total Fat	2g
Saturated Fat	2g
Cholesterol	12mg
Sodium	107mg
<b>Total Carbohydrate</b>	12g
Fiber	Og
Sugars	13g
Protein	89

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1 DAIRY, 1 PROTEIN, 1 FAT

**			102	2g	2g	12mg	107mg	12g	Og	13g	89	
	1% MILK	Food 11ger \$0.18	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	



# **ICEBERG LETTUCE**

	Φ	Og	Og	Omg	7mg	2g	19	<b>1</b> g	1g
Food Tiger \$0.20	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



# ICEBERG LETTUCE

: 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	\$0.20	ω	60	Fat Og	l Omg	Zmg	ohydrate 2g	1 <sub>g</sub>	1g	1 <sub>g</sub>
	<b>6 4</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 VEGETABLE

1 VEGETABLE



# **ICEBERG LETTUCE**

		ω	Og	Og	Omg	7mg	2g	1g	1g	19	
:: ( :: ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ;	\$0.20	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein	1 VEGETABLE



**ICEBERG LETTUCE** 

# Food Tiger - \$0.20

Calories Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Fiber Sugars Protein	00	Og	Og	Omg	7mg	29	1g	19	1g	
	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

1 VEGETABLE



# **ICEBERG LETTUCE**

Food Tiger

\$0.20	
Calories	ω
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	7mg
<b>Total Carbohydrate</b>	2g
Fiber	19
Sugars	1g
Protein	<b>1</b>



# ICEBERG LETTUCE

		ω	Og	Og	Omg	7mg	2g	19	1 <sub>0</sub>	1g
i i	\$0.20	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

1 VEGETABLE

1 VEGETABLE

# ICEBERG LETTUCE

Food Tiger \$0.20	
Calories	ω
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	7mg
<b>Total Carbohydrate</b>	2g
Fiber	1g
Sugars	1g
Protein	1g

1 VEGETABLE



# **ICEBERG LETTUCE**

Food Tiger

\$0.20	
Calories	00
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	7mg
<b>Total Carbohydrate</b>	29
Fiber	19
Sugars	19
Protein	1

1 VEGETABLE





# GREEN BEANS

<b>\$0.54</b>	
مونتواص	
(מבוכות)	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
<b>Total Carbohydrate</b>	7g
Fiber	39
Sugars	39
Protein	2g





# GREEN BEANS

	93	Og	Og	Omg	6mg	79	39	3g	2g
<b>\$0.54</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



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**GREEN BEANS** 

Food Tiger

**Food Tiger** 

### GREEN BEANS Food Tiger

- ) - ) -	
Calories	91
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
<b>Total Carbohydrate</b>	7g
Fiber	39
Sugars	39
Protein	2g

Og Omg 6mg

Saturated Fat

Total Fat

Calories

Cholesterol

Sodium

### 1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

Sugars Protein

Fiber

Total Carbohydrate







<b>\$0.54</b>	
Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
<b>Total Carbohydrate</b>	7g
Fiber	3g
Sugars	3g
Protein	0

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\$0.54		
Calories	31	
Total Fat	Og	
Saturated Fat	Og	
Cholesterol	Omg	
Sodium	6mg	
<b>Total Carbohydrate</b>	79	
Fiber	39	
Sugars	39	
Protein	2g	

Tiger .54
Food -

40.0 <del>0</del>	
Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
<b>Total Carbohydrate</b>	7g
Fiber	39
Sugars	3g
Protein	2g

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GREEN BEANS

- Food Tiger

\$0.54

Food Tiggs	
\$0.54	
alories	31
otal Fat	Og
aturated Fat	Og
holesterol	Omg
odium	6mg
	1

1 VEGETABLE

1 VEGETABLE

Protein Sugars



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# **GREEN BEANS**

**GREEN BEANS** 

Food Tiger

\$0.54

**Food Tiger** 

\$0.54	
Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
<b>Total Carbohydrate</b>	7g
Fiber	39
Sugars	39
Protein	2g

Og Omg 6mg

Saturated Fat Cholesterol

Og

Saturated Fat Cholesterol

**Total Fat** Calories

Omg 6mg

Total Carbohydrate

Sodium

Total Fat

Calories

1 VEGETABLE

3 a a a a

Total Carbohydrate

Sodium

1 VEGETABLE

Protein

Sugars

Fiber



# **GREEN BEANS**

Food Tiger \$0.16	
Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
<b>Total Carbohydrate</b>	7g
Fiber	39
Sugars	3g
Protein	2g





# GREEN BEANS

		31	Og	Og	Omg	6mg	79	39	39	2g
; ( ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ;	\$0.16	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein





### GREEN BEANS **Food Tiger**

	31	Og	Og	Omg	6mg	79	39	39	29
\$0.16	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



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# **GREEN BEANS**

**GREEN BEANS** 

- Food Tiger

\$0.16

· Food Tiger

91.04	
Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
Total Carbohydrate	79
Fiber	39
Sugars	39
Protein	2g

Og Omg **6mg** 

Saturated Fat Cholesterol

Total Fat Calories

Og

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WIC

9.0	
Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
<b>Total Carbohydrate</b>	7g
Fiber	3g
Sugars	39
Protein	2g

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1 VEGETABLE

Protein Sugars

ANS		33	Og	Og	Omg	6mg	79	39	39	29
GREEN BEANS	Food Tiger \$0.16		±	ed Fat	erol		Total Carbohydrate			
GRE		Calories	Total Fat	Saturated Fat	Cholestero	Sodium	Total Co	Fiber	Sugars	Protein

31 0g

Saturated Fat Cholesterol

**Total Fat** Calories

**GREEN BEANS** 

**Food Tiger** 

\$0.16

Omg 6mg

Total Carbohydrate

Sodium

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171

Sugars	3g
Protein	2g
1 VEGETABLE	

Total Carbohydrate

Fiber

Sodium

1 VEGETABLE



# CARROTS

Food Tiger

\$0.25	
Calories	52
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	88mg
Total Carbohydrate	12g
Fiber	49
Sugars	6g
Protein	1g





### 3

# CARROTS

	52	Og	Og	Omg	88mg	12g	49	6g	1g
\$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

110	





CARROTS

CARROTS

Food Tiger \$0.25

### Og Omg 88mg 12g 49 **6**g <u>1</u> Food Tiger - \$0.25 Total Carbohydrate Saturated Fat Cholesterol **Total Fat** Calories Sodium Sugars Fiber Protein

88mg 12g 49 **6**g

**Total Carbohydrate** 

Sugars Protein

Fiber

Og Omg

Saturated Fat

**Total Fat** 

Calories

Cholesterol

Sodium

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1 VEGETABLE





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### Og Omg 88mg 12g 49 **6**g **Food Tiger** Total Carbohydrate \$0.25 Saturated Fat Cholesterol **Total Fat** Calories Sodium Sugars Fiber

Og

Saturated Fat

**Total Fat** Calories

Cholesterol

Sodium

Omg

88mg 12g 49 **6**g

Total Carbohydrate

1 VEGETABLE

Protein

Sugars

Fiber

1 VEGETABLE

Protein

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CARROTS

Food Tiger

\$0.25

Food Tiger <b>\$0.25</b>	
alories	52
otal Fat	Og
aturated Fat	Og
holesterol	Omg
odium	88mg
	,

Og Og Omg 88mg 12g 49 **6**9

> Saturated Fat Cholesterol

**Total Fat** Calories

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CARROTS

**Food Tiger** 

\$0.25

11.04	
Calories	52
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	88mg
<b>Total Carbohydrate</b>	12g
Fiber	49
Sugars	6g
Protein	10

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1 VEGETABLE

Protein Sugars

Total Carbohydrate

Sodium

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## **PASTA**

	221	<b>1</b>	Og	Omg	1mg	43g	2.5g	<b>1</b>	89
Food Tiger \$0.10	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



## **PASTA**

	221	19	Og	Omg	1mg	439	2.59	19	89
\$0.10	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



## **PASTA**

		221	1g	Og	Omg	1mg	43g	2.5g	1g	89
1000H	\$0.10	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## **PASTA**

	221	<b>1</b>	Og	Omg	1mg	439	<b>2.5</b> g	19	89
\$0.10	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

2 GRAIN

2 GRAIN

2 GRAIN

2 GRAIN



## **PASTA**

**PASTA** 

	Total Carbohydrate 43g Fiber 2.5a	\$0.10
	S	s 2 at ed Fat Or erol 11 arbohydrate 4
Carbohydrate		0
ım Carbohydrate		a ·
erol arbohydrate	erol	N
ed Fat erol arbohydrate	ed Fat	
ed Fat Or erol Or arbohydrate 4	at ed Fat Or erol Ir	

0g 0mg 1mg

Saturated Fat Cholesterol

1g Og Omg

Saturated Fat Cholesterol

Total Fat

Total Fat Calories

43g 2.5g 1g 8g

Total Carbohydrate

Sodium

1mg 43g 2.5g

Total Carbohydrate

Sodium



## - Food Tiger

Food Tiger

- Food Tiger - **\$0.10** 

**PASTA** 

**PASTA** 

Calories	221
Total Fat	<b>1</b>
Saturated Fat	Og
Cholesterol	Omg
Sodium	1mg
<b>Total Carbohydrate</b>	43g
Fiber	2.5g
Sugars	1 <sub>9</sub>
Protein	89



2 GRAIN

2 GRAIN

2 GRAIN

Protein Sugars

Protein Sugars Fiber





## 2 GRAIN



# **TOMATO SAUCE**

		06	39	0.5g	Omg	470mg	139	49	96	29
Food Time	\$0.51	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



# TOMATO SAUCE

Food Tiger

<b>\$0.51</b>	
Calories	06
Total Fat	39
Saturated Fat	0.5g
Cholesterol	Omg
Sodium	470mg
<b>Total Carbohydrate</b>	13g
Fiber	49
Sugars	9 6
Protein	2g



# TOMATO SAUCE

**Food Tiger** 



TOMATO SAUCE **Food Tiger** \$0.51

06	39	0.59	Omg	470mg	ite 13g	49	99	29
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE



 ger 51	06	39	0.59	Omg	470mg	rate 13g	49	9g	29
\$0.51	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

0.59 Omg

Saturated Fat Cholesterol

**Total Fat** Calories

90

39

13g 49

**Total Carbohydrate** 

13g

Total Carbohydrate

Sodium

49 9g 2g

Sodium

Omg

470mg

O.5g

Saturated Fat Cholesterol

**Total Fat** Calories

470mg



1 VEGETABLE

1 VEGETABLE

Protein Sugars

Protein Sugars Fiber



# **TOMATO SAUCE**

**TOMATO SAUCE** 

**TOMATO SAUCE** 

**Food Tiger** 

**\$0.51** 

- Food Tiger

\$0.51

-0.0 <del>0</del>	
Calories	06
Total Fat	39
Saturated Fat	0.59
Cholesterol	Omg
Sodium	470mg
<b>Total Carbohydrate</b>	13g
Fiber	49
Sugars	9g
Protein	29





# **MARINARA SAUCE**

	120	3g	Og	Omg	940mg	22g	4	79	29
\$0.41	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein





# **MARINARA SAUCE**

	120	3g	Og	Omg	940mg	22g	49	79	2g
\$0.41	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



**MARINARA SAUCE** 

## Og 22g 49 Omg 940mg Food Tiger **Total Carbohydrate \$0.41** Saturated Fat Cholesterol **Total Fat** Calories Sodium Sugars Protein Fiber



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1 VEGETABLE

1 VEGETABLE



# **MARINARA SAUCE**

**Food Tiger** 

\$0.41	
Calories	120
Total Fat	39
Saturated Fat	Og
Cholesterol	Omg
Sodium	940mg
<b>Total Carbohydrate</b>	22g
Fiber	4
Sugars	79
Protein	2g

1 VEGETABLE



# **MARINARA SAUCE**

4.04	
Calories	120
Total Fat	3g
Saturated Fat	Og
Cholesterol	Omg
Sodium	940mg
<b>Total Carbohydrate</b>	22g
Fiber	49
Sugars	79
Protein	2g



## Food Tiger

100	
Calories	120
Total Fat	39
Saturated Fat	Og
Cholesterol	Omg
Sodium	940mg
<b>Total Carbohydrate</b>	22g
Fiber	49
Sugars	7g
Protein	2g
	•

1 VEGETABLE

1 VEGETABLE

Protein

Sugars

Fiber



# **MARINARA SAUCE**

**MARINARA SAUCE** 

Food Tiger

**\$0.41** 

Food Tiger

\$0.41	
Calories	120
Total Fat	3g
Saturated Fat	Og
Cholesterol	Omg
Sodium	940mg
<b>Total Carbohydrate</b>	22g
Fiber	49
Sugars	7g
Protein	2g

Og

Saturated Fat

**Total Fat** Calories

Cholesterol

Sodium

Omg

940mg

22g 49

Total Carbohydrate



# WHITE BREAD

	80	<b>1</b>	Og	Omg	147mg	15g	19	2g	39
Food Tiger \$0.07	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## WHITE BREAD

Food Tiger

\$0.07	
Calories	80
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	147mg
<b>Total Carbohydrate</b>	15g
Fiber	1g
Sugars	2g
Protein	39



WHITE BREAD

## Og Omg 147mg 15g 2 3 9 <mark>1</mark> Food Tiger \$ **Total Carbohydrate** Saturated Fat Cholesterol **Total Fat** Calories Sodium Sugars Protein Fiber



## WHITE BREAD

Food Tiger

	80	<b>1</b>	Og	Omg	147mg	15g	1g	2g	39
\$0.07	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

1 GRAIN

1 GRAIN

1 GRAIN

1 GRAIN





	80	1g	Og	Omg	147mg	15g	1g	2g	39
\$0.07	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

Og Omg

Saturated Fat Cholesterol

Og Omg

Saturated Fat Cholesterol

**Total Fat** Calories

**Total Fat** Calories

80

15g <u>6</u>

**Total Carbohydrate** 

Sodium

147mg

15g <u>1</u> 2g 3g

Total Carbohydrate

Sodium

147mg



## WHITE BREAD

WHITE BREAD

WHITE BREAD

**Food Tiger** 

\$0.07

- Food Tiger

\$0.07

	80	<b>6</b>	Og	Omg	147mg	15g	1g	2g	39	
\$0.07	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein	

1 GRAIN

1 GRAIN

1 GRAIN

Protein

Sugars

Protein Sugars Fiber





EAD		80	1g	Og	Omg	147mg	15g	19	29	39
WHITE BREAD	Food Tiger \$0.07	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



# **BLACK BEANS**

Food Tiger \$0.12	
Calories	164
Total Fat	<b>D</b>
Saturated Fat	Og
Cholesterol	Omg
Sodium	691mg
<b>Total Carbohydrate</b>	30g
Fiber	12g
Sugars	<b>D</b>
Protein	11g





## **BLACK BEANS**

**Food Tiger** 

40.14	
Calories	164
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	691mg
<b>Total Carbohydrate</b>	30g
Fiber	12g
Sugars	1g
Protein	11g



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# **BLACK BEANS**

\$0.12	
Calories	164
Total Fat	<b>1</b>
Saturated Fat	Og
Cholesterol	Omg
Sodium	691mg
<b>Total Carbohydrate</b>	30g
Fiber	12g
Sugars	<b>1</b>
Protein	11g

## **BLACK BEANS** 164 Food Tiger Saturated Fat **Total Fat** Calories

Food Tiger -

<u>1</u>

Fat Og	ol Omg	691mg	ohydrate 30g	12g	1g	11g	
Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

## 1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE



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**BLACK BEANS** 

**BLACK BEANS** 

**BLACK BEANS** 

Food Tiger

\$0.12

Food Tiger

\$0.12

	164	1g	Og	Omg	691mg	30g	12g	1g	11g
Food Tiger <b>\$0.12</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

Og Omg 691mg Food Tiger Saturated Fat Cholesterol **Total Fat** Calories Sodium

> Og Omg

> Saturated Fat Cholesterol

> Og Omg

Saturated Fat Cholesterol

**Total Fat** Calories

<u>1</u>

**Total Fat** Calories

1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE

Protein Sugars

Protein Sugars

Protein Sugars Fiber

30g 12g

Total Carbohydrate

30g

Total Carbohydrate

30g 12g

Total Carbohydrate

Sodium

<u>1</u>

691mg

Sodium

691mg

1 PROTEIN, 1 VEGETABLE





# **BLACK BEANS**

Food Tiger

164
1g
Og
Omg
691mg
30g
12g
0.59
11g
U





## **BLACK BEANS**

	164	19	Og	Omg	691mg	30g	12g	O.5g	11g
Food Tiger	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

	<i>P</i>	
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# **BLACK BEANS**

**BLACK BEANS** 

**Food Tiger** 

\$0.57

	164	1g	Og	Omg	691mg	30g	12g	0.5g	11g
Food Tiger \$0.57	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

Og

Saturated Fat

**Total Fat** 

Calories

Cholesterol

Sodium

Omg

691mg

30g 12g 0.59

Total Carbohydrate

1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE

Protein

Sugars

Fiber

1 PROTEIN, 1 VEGETABLE



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**BLACK BEANS** 

\$0.57	
Calories	164
Total Fat	1 <sub>9</sub>
Saturated Fat	Og
Cholesterol	Omg
Sodium	691mg
<b>Total Carbohydrate</b>	30g
Fiber	12g
Sugars	0.5g
Protein	11g

	164	<b>1</b>	Og	Omg
Food Tiger \$0.57	Calories	Total Fat	Saturated Fat	Cholesterol

1 PROTEIN, 1 VEGETABLE









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**Food Tiger** 

**BLACK BEANS** 

Food Tiger

\$0.57

\$0.57	
Calories	164
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	691mg
<b>Total Carbohydrate</b>	30g
Fiber	12g
Sugars	O.5g
Protein	11g

1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE

Protein

Sugars

Fiber







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	164	1g	Og	Omg	691mg	30g	12g	0.59	11g
\$0.57	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

Og

Saturated Fat Cholesterol

**Total Fat** Calories

Omg

691mg

30g 12g 0.59

Total Carbohydrate

Sodium

164

1 PROTEIN, 1 VEGETABLE



## WIC

# CHEDDAR CHEESE

CHEDDAR CHEESE

		171	14g	9g	45mg	264mg	<u>p</u>	Og	Og	10.5g
Food Tiger	<b>\$0.64</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



## WIC

	171	14g	99	45mg	264mg	1g	Og	Og	10.5q
\$0.64	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## WIC

WIC

# CHEDDAR CHEESE

	171	14g	99	45mg	264mg	<b>1</b>	Og	Og	10.5g
\$0.64	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



Saturated Fat Cholesterol

Sodium

**Total Fat** 

Calories

1 DAIRY, 1 PROTEIN, 3 FAT

Protein Sugars Fiber



## WIC



# CHEDDAR CHEESE

	171	14g	99	45mg	264mg	19	Og	Og	10.5g
Food Tiger \$0.64	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 DAIRY, 1 PROTEIN, 3 FAT







# CHEDDAR CHEESE

**Food Tiger** 

CHEDDAR CHEESE

- Food Tiger \$0.64

1 DAIRY, 1 PROTEIN, 3 FAT

1 DAIRY, 1 PROTEIN, 3 FAT

Protein Sugars Fiber









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# CHEDDAR CHEESE

i	<u> </u>	171	14g	99	45mg	264mg	Jg	Og	Og	10.50
i	\$0.64 \$0.64	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

99 45mg

Saturated Fat Cholesterol

**Total Fat** Calories

264mg

Total Carbohydrate

Sodium

14g

171

Og

Og 10.5g 1 DAIRY, 1 PROTEIN, 3 FAT





## **100% JUICE**

	114	O.5g	1g	Omg	10mg	28g	0.5g	24g	Og
Food Tiger <b>\$0.29</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## WIC

\$0.29	
Calories	114
Total Fat	0.59
Saturated Fat	19
Cholesterol	Omg
Sodium	10mg
<b>Total Carbohydrate</b>	289
Fiber	0.59
Sugars	249
Protein	0

Omg 10mg 28g 0.5g 24g

Saturated Fat

**Total Fat** Calories

Cholesterol

Sodium

Total Carbohydrate

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1 FRUIT

1 FRUIT

1 FRUIT

Protein

Sugars

Fiber

Protein



**®** 

WIC

Tiger	29
poo	<b>\$</b> 0

**100% JUICE** 

**100% JUICE** 

Food Tiger \$

**100% JUICE** 

Food Tiger .

)   . ) +	
Calories	114
Total Fat	0.5g
Saturated Fat	1g
Cholesterol	Omg
Sodium	10mg
<b>Total Carbohydrate</b>	28g
Fiber	0.5g
Sugars	249
Protein	Og

10mg 28g 0.5g 24g

**Total Carbohydrate** 

Fiber Sugars

Omg

Saturated Fat Cholesterol Sodium

Calories



WIC



**100% JUICE** 

- Food Tiger

\$0.29

## **100% JUICE**

**100% JUICE** 

**100% JUICE** 

100 X

**Food Tiger** 

\$0.29

Food Tiger

\$0.29

19er 29	411	0.59	19	Omg	10mg	rate 28g	0.5g	249	Od
\$0.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

Omg 10mg 28g 0.5g 24g

Saturated Fat Cholesterol

**Total Fat** 

0.5g

Saturated Fat Cholesterol

**Total Fat** 

Total Carbohydrate

Sodium

Omg 10mg 28g 0.5g 24g

Total Carbohydrate

Sodium

## 1 FRUIT

1 FRUIT

1 FRUIT

Protein

Sugars

Protein

Sugars

Fiber

WIC	
	1000%

WIC

WIC

od Tiger 0.29		411	C U
ies 🚓	- Food Tiger . <b>\$0.29</b>	ies	+ · · L

Calories	114
Total Fat	0.59
Saturated Fat	1g
Cholesterol	Omg
Sodium	10mg
<b>Total Carbohydrate</b>	28g
Fiber	0.5g
Sugars	24g
Protein	Og







## **BROWN RICE**

	7	~
+ 600d Tiger	ories	Fat
	0	7

Calories	218
Total Fat	2g
Saturated Fat	0.5g
Cholesterol	Omg
Sodium	2mg
<b>Total Carbohydrate</b>	46g
Fiber	3.5g
Sugars	Og
Protein	4.5g

Total Carbohydrate

Sugars Protein

Fiber









## WIC

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U U

**BROWN RICE** 

**Food Tiger** \$0.29

	218	2g	0.5g	Omg	2mg	46g	3.5g	Og	4.5g
\$0.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

0.59 Omg 2mg 46g 3.5g Og

Saturated Fat

**Total Fat** Calories

Cholesterol

Sodium





3 GRAIN

3 GRAIN

3 GRAIN





WIC



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**BROWN RICE** 

**BROWN RICE** 

**Food Tiger** 

\$0.29

**Food Tiger** 

\$0.29

ger 0	218	29	0.5g	Omg	2mg	te 46g	3.5g	Og	4.5g
Food Tiger \$0.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

0.5g Omg 2mg

Saturated Fat Cholesterol

0.5g

Saturated Fat Cholesterol

**Total Fat** Calories

Omg

**2**g

**Total Fat** 

Calories

3.5g 46g

Total Carbohydrate

Fiber

Sodium

2mg 46g 3.5g Og

Total Carbohydrate

Sugars Protein

Sodium

3 GRAIN

3 GRAIN

3 GRAIN

Protein Sugars

3 GRAIN



# FROZEN PIZZA

	533	24g	8.59	28mg	890mg	58g	49	7g	21g
Food Tiger \$0.93	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## FROZEN PIZZA

	533	24g	8.59	28mg	890mg	58g	49	79	21g
 \$0.93 \$0.93	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



# FROZEN PIZZA

Food Tiger	533	t 24g	ed Fat 8.5g	erol 28mg	890mg	Total Carbohydrate 58g	49	79	21g
	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbo	Fiber	Sugars	Protein



## FROZEN PIZZA

	533	249	8.5g	28mg	890mg	58g	49	7g	21g
Food Tiger <b>\$0.93</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

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4 GRAIN, 5 FAT, 3 PROTEIN

4 GRAIN, 5 FAT, 3 PROTEIN

4 GRAIN, 5 FAT, 3 PROTEIN



## FROZEN PIZZA

	533	24g	8.5g	28mg	890mg	58g	49	79	21g
Food Tiger \$0.93	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

4 GRAIN, 5 FAT, 3 PROTEIN



## FROZEN PIZZA

Food Tiger

40.0A	
Calories	533
Total Fat	249
Saturated Fat	8.59
Cholesterol	28mg
Sodium	890mg
<b>Total Carbohydrate</b>	58g
Fiber	49
Sugars	79
Protein	21g

4 GRAIN, 5 FAT, 3 PROTEIN



## FROZEN PIZZA

Food Tiger

4C.U.S	
Calories	533
Total Fat	249
Saturated Fat	8.59
Cholesterol	28mg
Sodium	890mg
Total Carbohydrate	58g
Fiber	49
Sugars	79
Protein	21g

4 GRAIN, 5 FAT, 3 PROTEIN



## FROZEN PIZZA

Food Tiger

\$0.93	
Calories	533
Total Fat	24g
Saturated Fat	8.59
Cholesterol	28mg
Sodium	890mg
<b>Total Carbohydrate</b>	58g
Fiber	49
Sugars	7g
Protein	21g

4 GRAIN, 5 FAT, 3 PROTEIN



# BLACK COFFEE

	0	Og	Og	Omg	Omg	Og	Og	Og	Og
Food Tiger \$0.21	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



# BLACK COFFEE

**Food Tiger** 

40.N	
Calories	0
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
<b>Total Carbohydrate</b>	Og
Fiber	Og
Sugars	Og
Protein	Og



# BLACK COFFEE

**BLACK COFFEE** 

**Food Tiger** 

\$0.21

## **Food Tiger** AC 21

14.0 <del>0</del>	
Calories	0
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
<b>Total Carbohydrate</b>	Og
Fiber	Og
Sugars	Og
Protein	Og

Og

Saturated Fat Cholesterol

**Total Fat** Calories

**Total Carbohydrate** 

Fiber Sugars

Sodium

Og



1 EXTRA

1 EXTRA

1 EXTRA

1 EXTRA

Protein



# BLACK COFFEE

		0	Og	Og	Omg	Omg	Og	Og	Og	Og	
Food Tiger	\$0.21	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

1 EXTRA

# **BLACK COFFEE**

BLACK COFFEE

BLACK COFFEE

**Food Tiger** 

\$0.21

- Food Tiger

\$0.21

Food Tiger

\$0.21	
Calories	0
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
<b>Total Carbohydrate</b>	Og
Fiber	Og
Sugars	Og
Protein	Og

Og Omg Omg

Saturated Fat Cholesterol

0 0 0 Omg Omg

> Saturated Fat Cholesterol

**Total Fat** Calories

0

Total Fat Calories

Og

1 EXTRA

1 EXTRA

1 EXTRA

Protein Sugars

Protein Sugars Fiber

0 0 0 0 0

Total Carbohydrate

Sodium

0 0 0 0

Total Carbohydrate

Sodium



SANNED

TONA

	158	7g	19	26mg	337mg	Og	Og	Og	239
Food Tiger \$0.56	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

79 79 19 79

3 PROTEIN



TUNA

	158	79	19	26mg	337mg	Og	Og	Og	239
Food Tiger	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

CANNED

**TUNA** 

	158	79	1g	26mg	337mg	Og	Og	Og	239
Food Tiger	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



CANNED

**TUNA** 

Food Tiger \$0.56

Calories	158
Total Fat	7g
Saturated Fat	1 <sub>9</sub>
Cholesterol	26mg
Sodium	337mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	239

3 PROTEIN

3 PROTEIN

3 PROTEIN



TUNA

	158	7g	1g	26mg	337mg	Og	Og	Og	23q
Food Tiger \$0.56	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



Food Tiger

00.00	
Calories	158
Total Fat	7g
Saturated Fat	1g
Cholesterol	26mg
Sodium	337mg
<b>Total Carbohydrate</b>	Og
Fiber	Og
Sugars	Og
Protein	239

3 PROTEIN

3 PROTEIN

**ANDT** 

Food Tiger

\$0.56
Calories 158
Total Fat 7g
Saturated Fat 1g
Cholesterol 26mg
Sodium 337mg
Total Carbohydrate 0g
Fiber 0g
Sugars 0g

3 PROTEIN



TUNA

Food Tiger

\$0.56
Calories 158
Total Fat 7g
Saturated Fat 1g
Cholesterol 26mg
Sodium 337mg
Total Carbohydrate 0g
Fiber 0g
Sugars 0g

3 PROTEIN



# **COLLARD GREENS**

**Food Tiger** 

\$0.38	Calories 40	Total Fat 1g	Saturated Fat Og	Cholesterol Omg	Sodium 670mg	Total Carbohydrate 7g	ber 2g	Sugars 3g	Drotoin
	Calo	Tota	Satu	Chol	Sodi	Tota	Fiber	Sugo	40,7



1 VEGETABLE



# **COLLARD GREENS**

**Food Tiger** 

	40	1g	Og	Omg	670mg	79	2g	39	29
\$0.38	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



# **COLLARD GREENS**

## **Food Tiger**

	40	1g	Og	Omg	670mg	7g	2g	3g	2g
\$0.38	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

1 VEGETABLE



670mg

**2**g 3g

Og Omg



# COLLARD GREENS

**COLLARD GREENS** 

**COLLARD GREENS** 

**Food Tiger** 

\$0.38

- Food Tiger

\$0.38

Food Tiger

#O.38	
Calories	40
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	670mg
Total Carbohydrate	7g
Fiber	2g
Sugars	39
Protein	2g

Og Omg

Saturated Fat Cholesterol

Og Omg

Saturated Fat Cholesterol

**Total Fat** Calories

40 <u>1</u>

**Total Fat** Calories

670mg

**Total Carbohydrate** 

Sodium

670mg **7**g

Total Carbohydrate

Sodium

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

Protein Sugars

Protein Sugars

29 29 29 29



	40	1 <sub>g</sub>	Og	Omg	670mg	7g	2g	3g	2g
)	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



Food Tiger \$0.38

**COLLARD GREENS** 

) ) )	
Calories	4
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	670mg
<b>Total Carbohydrate</b>	7g
Fiber	2g
Sugars	39
Protein	2g



ANNED

# COLLARD GREENS

		04	1g	Og	Omg	670mg	79	2g	39	2g
Food Tiger	\$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

1 VEGETABLE



ANNED

# **COLLARD GREENS**

		40	1g	Og	Omg	670mg	7g	2g	3g	2g
Food Tiger	\$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



# COLLARD GREENS

**Food Tiger** 

COLLARD GREENS

**Food Tiger** 

	40	1g	Og	Omg	670mg	7g	2g	3g	2g
\$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

Total Carbohydrate

Sugars Protein

Fiber

Sodium

Og Omg 670mg

Saturated Fat Cholesterol

Calories Total Fat



1 VEGETABLE

1 VEGETABLE



# COLLARD GREENS

	40	19	Og	Omg	670mg	79	2g	39	29
\$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



CANNED

# COLLARD GREENS

- Food Tiger

\$0.25	
Calories	40
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	670mg
<b>Total Carbohydrate</b>	7g
Fiber	2g
Sugars	39
Protein	2g

1 VEGETABLE

ANNED

# COLLARD GREENS

**Food Tiger** 

\$0.25	
Calories	40
Total Fat	19
Saturated Fat	Og
Cholesterol	Omg
Sodium	670mg
<b>Total Carbohydrate</b>	7g
Fiber	2g
Sugars	3g
Protein	2g

1 VEGETABLE



INNED

# COLLARD GREENS

**Food Tiger** 

\$0.25	
Calories	04
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	670mg
<b>Total Carbohydrate</b>	79
Fiber	29
Sugars	39
Protein	29

1 VEGETABLE



# BLACK EYED PEAS

**************************************	
\$0.32	
Calories	70
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	125mg
<b>Total Carbohydrate</b>	13g
Fiber	4
Sugars	2g
Protein	<b>5</b> g



# **BLACK EYED PEAS**

	70	Og	Og	Omg	125mg	13g	4g	2g	5g
\$0.32	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



# **BLACK EYED PEAS**

	70	Og	Og	Omg	125mg	13g	49	2g	5g
\$0.32	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE



# **BLACK EYED PEAS**

\$0.32	
Calories	70
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	125mg
Total Carbohydrate	13g
Fiber	49
Sugars	2g
Protein	5g

Food Tiger



# **BLACK EYED PEAS**

Food Tiger

#0.3X	
Calories	70
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	125mg
<b>Total Carbohydrate</b>	13g
Fiber	4
Sugars	2g
Protein	5g

1 VEGETABLE

1 VEGETABLE



# **BLACK EYED PEAS**

Food Tiger

\$0.32	
Calories	70
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	125mg
<b>Total Carbohydrate</b>	13g
Fiber	49
Sugars	2g
Protein	5g

1 VEGETABLE



Food Tiger

**BLACK EYED PEAS** 

#0.5k	
Calories	70
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	125mg
<b>Total Carbohydrate</b>	13g
Fiber	49
Sugars	2g
Protein	5g





## WHOLE MILK

Food Tiger -

WHOLE MILK

Food Tiger \$

\$0.18	
Calories	150
Total Fat	89
Saturated Fat	5g
Cholesterol	35mg
Sodium	120mg
<b>Total Carbohydrate</b>	12g
Fiber	Og
Sugars	11g
Protein	89





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## 

## WIC WHOLE MILK

WHOLE MILK

Food Tiger -\$0.18

## **Food Tiger** \$0.18

L L	200	89	5g	35mg	120mg	12g	Og	11g	89
	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

12g Og 11g

Total Carbohydrate

Sugars Protein

Fiber

35mg 120mg

Saturated Fat

**Total Fat** 

Calories

Cholesterol

Sodium

12g Og 11g

Total Carbohydrate

Fiber Sugars

Sodium

35mg 120mg

Saturated Fat Cholesterol

**Total Fat** Calories

89

## 1 DAIRY

1 DAIRY

1 DAIRY

1 DAIRY

Protein









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WIC



## **WHOLE MILK**

WHOLE MILK

WHOLE MILK

WHOLE MILK

**Food Tiger** 

\$0.18

- Food Tiger

**\$0.18** 

- Food Tiger

**\$0.18** 

	150	89	5g	35mg	120mg	12g	Og	11g	89
\$0.18	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

Og 11g

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1 DAIRY

1 DAIRY

Protein Sugars

Protein Sugars

Protein Sugars Fiber

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2
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Calories	150	
Total Fat	89	
Saturated Fat	<b>5</b> g	
Cholesterol	35mg	
Sodium	120mg	
Total Carbohydrate	12g	

35mg

Saturated Fat

Saturated Fat Cholesterol

**Total Fat** Calories

**Total Fat** 

Calories

150 89 **5**g 35mg

Cholesterol

Sodium

120mg

12g Og 11g

Total Carbohydrate

12g Og 11g

Total Carbohydrate

Sodium

120mg

Fiber

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## OATMEAL

OATMEAL

Food Tiger

		150	3g	0.5g	Omg	Omg	27g	49	1 g	5g
H	\$0.14	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein









## WIC





OATMEAL

Food Tiger | \$0.14

## WIC



WIC

## OATMEAL

## Food Tiger \$0.14

150

Calories

39	0.59	Omg	Omg	te 27g	49	1g	5g
Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

Omg 27g 49

**Total Carbohydrate** 

Total Carbohydrate

Sugars

Fiber

Protein

Sodium

<u>6</u>

Sugars Protein

Fiber

0.5g Omg

Saturated Fat Cholesterol

0.5g Omg Omg 27g

Saturated Fat

**Total Fat** 

Calories

Cholesterol

Sodium

**Total Fat** Calories

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2 GRAIN

2 GRAIN

2 GRAIN



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WIC



## OATMEAL

## 2 GRAIN

Protein

2 GRAIN

2 GRAIN



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## OATMEAL

OATMEAL

OATMEAL

**Food Tiger** 

\$0.14

- Food Tiger

\$0.14

\$0.14	
Calories	150
Total Fat	3g
Saturated Fat	0.59
Cholesterol	Omg
Sodium	Omg
<b>Total Carbohydrate</b>	27g
Fiber	49
Sugars	1g
Protein	5g

Omg

27g

Total Carbohydrate

Sugars

Fiber

49 <u>1</u> Protein

Sodium

Omg 27g

Total Carbohydrate

Sugars Protein

Sodium

0.5g Omg

Saturated Fat Cholesterol

**Total Fat** 

Calories

150

3g 0.5g Omg

> Saturated Fat Cholesterol

**Total Fat** Calories



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## NOINO

	34	Og	Og	Omg	4mg	8.5g	2g	7g	1g
Food Tiger \$0.22	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

8.5g

Total Carbohydrate

Sugars

Fiber

Protein

**2**g

1 VEGETABLE

1 VEGETABLE





## WIC







34 0 Og Omg 4mg

Saturated Fat

**Total Fat** 

Calories

Cholesterol

Sodium

Food Tiger

NOINO





WIC

WIC







WIC

7g

1 VEGETABLE





	34	Og	Og	Omg	4mg	8.5g	2g	79	1 <sub>g</sub>
\$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

1 VEGETABLE

## FRESH

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**Food Tiger** 

**Food Tiger** 

\$0.22

NOINO

NOINO

**Food Tiger** 

\$0.22

40.AA	
Calories	34
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	4mg
<b>Total Carbohydrate</b>	8.5g
Fiber	2g
Sugars	7g
Protein	1g

Og Omg 4mg 8.5g

Saturated Fat

**Total Fat** Calories

> Og Og Omg 4mg 8.5g **2**g

> > Saturated Fat Cholesterol

**Total Fat** Calories

Cholesterol

Sodium

1 VEGETABLE

2g 7g 1g

Sugars Protein

Fiber

Total Carbohydrate

Total Carbohydrate

Sodium

1 VEGETABLE

1 VEGETABLE

Protein Sugars





# **LOW FAT CHEESE**

ger 7	06	6g	49	20mg	340mg	ite 1g	Og	Og	70
Food Tiger <b>\$0.37</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



**LOW FAT CHEESE** 

**Food Tiger** \$0.37







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//  1   1		ŏ
E O	J Tiger	
4	Food	Se
<b>&gt;</b>	II	alories

Calories	90
Total Fat	6g
Saturated Fat	49
Cholesterol	20mg
Sodium 3	340mg
<b>Total Carbohydrate</b>	<b>1</b>
Fiber	Og
Sugars	Og
Protein	7g

Og Og

<u>1</u>

**Total Carbohydrate** 

Sugars Protein

Fiber

Sodium

20mg 340mg

Saturated Fat Cholesterol

**Total Fat** Calories

**6**g 4



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1 DAIRY

1 DAIRY

1 DAIRY



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# **LOW FAT CHEESE**

**Food Tiger** 

\$0.37	
Calories	06
Total Fat	6g
Saturated Fat	49
Cholesterol	20mg
Sodium	340mg
<b>Total Carbohydrate</b>	19
Fiber	Og
Sugars	Og
Protein	79

1 DAIRY

WIC

# **LOW FAT CHEESE**

**LOW FAT CHEESE** 

**Food Tiger** 

\$0.37

Food Tiger

90 **6**9 49 20mg

**LOW FAT CHEESE** 

\$0.37	
Calories	06
Total Fat	6g
Saturated Fat	49
Cholesterol	20mg
Sodium	340mg
<b>Total Carbohydrate</b>	1g
Fiber	Og
Sugars	Og
Protein	7g

340mg <u>1</u>

Total Carbohydrate

Sodium

Saturated Fat Cholesterol

**Total Fat** Calories

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	06	6g	49	20mg	340mg	1 <sub>g</sub>	Og	Og	7g
\$0.37	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 DAIRY

1 DAIRY

1 DAIRY

0g 0g 7g

Sugars Protein



## SOY MILK

Food Tiger

\$0.54	
Calories	110
Total Fat	4.5g
Saturated Fat	0.5g
Cholesterol	Omg
Sodium	90mg
<b>Total Carbohydrate</b>	9g
Fiber	2g
Sugars	6g
Protein	89



## SOY MILK

	110	4.5g	0.59	Omg	90mg	9 0	2g	6g	89
Food Tiger \$0.54	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## SOY MILK

	110	4.59	0.59	Omg	90mg	66	29	6g	8g
Food Tiger <b>\$0.54</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## SOY MILK

Food Tiger \$0.54

110	<b>4.5</b> g	0.5g	Omg	90mg	99	2g	<b>6</b> 9	89
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



1 DAIRY

1 DAIRY

1 DAIRY



10.04	
Calories	110
Total Fat	4.59
Saturated Fat	0.5g
Cholesterol	Omg
Sodium	90mg
<b>Total Carbohydrate</b>	99
Fiber	2g
Sugars	<b>6</b> 9
Protein	89

Omg 90mg

Total Carbohydrate

Sodium

90mg

Total Carbohydrate

Sodium

110 4.5g 0.5g

Saturated Fat Cholesterol

4.5g 0.5g Omg

Saturated Fat Cholesterol

Total Fat

Total Fat



## 1 DAIRY

1 DAIRY

1 DAIRY

Protein Sugars

Protein Sugars Fiber

8 8 8 8 8



SOY MILK

**SOY MILK** 

- Food Tiger - **\$0.54** 

- Food Tiger - **\$0.54** 



## - Food Tiger

SOY MILK

4	110	4.59	0.59	Omg	90mg	e 9g	2g	<b>6</b> 9	89	
<b>\$0.5</b> 4	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

## 1 DAIRY



## CANDY BAR

Corner Store -

	232	14g	5g	3mg	161mg	25g	2g	219	461g
\$1.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## CANDY BAR

ช	232	14g	5g	3mg	161mg	25g	2g	21g	461g	
\$1.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein	



## CANDY BAR

<b>0</b>	232	14g	5g	3mg	161mg	25g	2g	21g	461g	
S1.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	3 БАТ



## **CANDY BAR**

D	232	14g	5g	3mg	161mg	25g	2g	21g	461g
\$1.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein





## CANDY BAR

<b>a</b>	232	14g	<b>5</b> g	3mg	161mg	25g	29	21g	461g
——— Corner Store \$1.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



Calories	232
Total Fat	149
Saturated Fat	5g
Cholesterol	3mg
Sodium	161mg
<b>Total Carbohydrate</b>	25g
Fiber	2g
Sugars	219
Protein	4619

3 FAT

3 FAT



3 FAT

3 FAT

## **CANDY BAR**

Corner Store



## CANDY BAR

- Corner Store

	232	14g	<b>5</b> g	3mg	161mg	25g	29	21g	461g	
\$1.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein	



- Corner Store

3 FAT

3 FAT



## COOKIES

<b>Corner Store</b>	\$2.39

-	
Calories	167
Total Fat	7g
Saturated Fat	2g
Cholesterol	Omg
Sodium	140mg
<b>Total Carbohydrate</b>	25.5g
Fiber	1g
Sugars	15g
Protein	2g





## COOKIES

## **Corner Store**

)	
Calories	167
Total Fat	79
Saturated Fat	29
Cholesterol	Omg
Sodium	140mg
<b>Total Carbohydrate</b>	25.5g
Fiber	1g
Sugars	15g
Protein	29

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## COOKIES

COOKIES

**Corner Store** 

\$2.39

## **Corner Store**

167	7g	2g	Omg	140mg	25.5g	1g	15g	2g
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

29 Omg

Saturated Fat Cholesterol

**Total Fat** 

1<sub>9</sub> 15g

25.5g 140mg

**Total Carbohydrate** 

Sugars

Fiber

Protein

Sodium

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1 GRAIN, 1 FAT



## COOKIES

## **Corner Store**

\$2.39	167	l Fat 7g	Saturated Fat 2g	lesterol Omg	um 140mg	Total Carbohydrate 25.5g	r 1g	ars 15g	nia
	Calories	<b>Total Fat</b>	Saturated	Cholesterol	Sodium	Total Car	Fiber	Sugars	Protein

1 GRAIN, 1 FAT



## COOKIES

COOKIES

COOKIES

**Corner Store** 

\$2.39

**Corner Store** 

\$2.39

## ပိ

Calories	167
Total Fat	7g
Saturated Fat	29
Cholesterol	Omg
Sodium	140mg
<b>Total Carbohydrate</b>	25.5g
Fiber	1g
Sugars	15g
Protein	20

25.5g

**Total Carbohydrate** 

25.5g

Total Carbohydrate

Sodium

<u>5</u>

Sodium

**2**g Omg 140mg

Saturated Fat Cholesterol

**2**g Omg 140mg

Saturated Fat Cholesterol

**Total Fat** Calories

**Total Fat** Calories



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Calories	191
Total Fat	7g
Saturated Fat	2g
Cholesterol	Omg
Sodium	140mg
<b>Total Carbohydrate</b>	25.5g
Fiber	1g
Sugars	15g
Dro+oin	0

## 1 GRAIN, 1 FAT

1 GRAIN, 1 FAT

1 GRAIN, 1 FAT

Protein Sugars

Protein Sugars Fiber



## Corner Store —

) ) : -	
Calories	152
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	15mg
<b>Total Carbohydrate</b>	40g
Fiber	Og
Sugars	40g
Protein	Og



## Corner Store

\$1.99	
Calories	152
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	15mg
<b>Total Carbohydrate</b>	40g
Fiber	Og
Sugars	40g
Protein	Og



## Corner Store -

SODA

olesterol Omg dium 15ma	turated Fat	tal Fat	Calories
	nolesterol odium	Saturated Fat Cholesterol Sodium	Total Fat Saturated Fat Cholesterol Sodium



## SODA

	152	Og	Og	Omg	15mg	40g	Og	40g	Og
\$1.99	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

## 1 EXTRA

1 EXTRA

1 EXTRA

1 EXTRA



## SODA

**Corner Store** 

**Corner Store** 

\$1.99

Calories Total Fat

SODA

<b>\$1.99</b> Calories	152
lotal Fat Saturated Fat	0 0
Cholesterol Sodium	Omg 15mg
Total Carbohydrate	40g
riber Sugars	40 g
Protein	Og

Omg 15mg

40g

Total Carbohydrate

Sodium

40g 0g

Sugars Protein 1 EXTRA

0 0 0

> Saturated Fat Cholesterol



## SODA

**Corner Store** 

	152	Og	Og	Omg	15mg	40g	Og	40g	Og
\$1.99	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## SODA

- Corner Store

\$1.99	
Calories	152
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	15mg
<b>Total Carbohydrate</b>	40g
Fiber	Og
Sugars	40g
Protein	O

## 1 EXTRA

1 EXTRA

1 EXTRA





# **PEANUT BUTTER**

**Corner Store** 

\$0.34	
Calories	190
Total Fat	16g
Saturated Fat	39
Cholesterol	Omg
Sodium	117mg
Total Carbohydrate	<b>6</b> 9
Fiber	2g
Sugars	3.5g
Protein	89







# **PEANUT BUTTER**

940	<u>,                                     </u>	190	16g	39	Omg	117mg	69 e	2g	3.59	89
Corner Store	\$0.34	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

21	



**PEANUT BUTTER** 

**Corner Store** 

\$0.34

## WIC

## WIC 9

# **PEANUT BUTTER**

**Corner Store** 

\$0.34	
Calories	190
Total Fat	16g
Saturated Fat	39
Cholesterol	Omg
Sodium	117mg
<b>Total Carbohydrate</b>	<b>6</b> 9
Fiber	29
Sugars	3.59
Protein	89

117mg **6**9 **2**g 3.5g

Total Carbohydrate

Sugars Protein

Fiber

Sodium

Omg

Saturated Fat Cholesterol

**Total Fat** Calories

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1 PROTEIN, 3 FAT

1 PROTEIN, 3 FAT

1 PROTEIN, 3 FAT





O <u>A</u>	16g	39	Omg	117mg		2g	3.59	8
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Drotein
#0.34	40.04	\$0.34 L	4	4 ° ° ° ° ° ° ° ° ° ° ° ° ° ° ° ° ° ° °	0 0 711	54 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 117 drate	1 1 177 drate 3.



# **PEANUT BUTTER**

**PEANUT BUTTER** 

**Corner Store** 

\$0.34

40.04	
Calories	190
Total Fat	16g
Saturated Fat	3g
Cholesterol	Omg
Sodium	117mg
<b>Total Carbohydrate</b>	6g
Fiber	<b>2</b> g
Sugars	3.5g
Protein	89

1 PROTEIN, 3 FAT

1 PROTEIN, 3 FAT

Protein Sugars Fiber



















4	190	16g	39	Omd
\$0.34	Calories	Total Fat	Saturated Fat	Cholesterol

16g 39 Omg 117mg **6** 

> Saturated Fat Cholesterol

**Total Fat** Calories

Omg	117mg	<b>6</b> g	2g	3.5g	89
Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

3.5g 8g

Total Carbohydrate

Sodium

1 PROTEIN, 3 FAT





## **PEANUT BUTTER** 16g 39 Omg 117mg 3.5g 6g 29 **Corner Store** Total Carbohydrate **\$0.34** Saturated Fat Cholesterol **Total Fat** Calories Sodium Sugars Fiber

1 PROTEIN, 3 FAT

Protein



## HOT DOG

re	185	17g	79	34mg	584mg
Corner Store \$1.59	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium

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## HOT DOG

	١
Somer Store \$1.59	

) : -	
Calories	185
Total Fat	17g
Saturated Fat	7g
Cholesterol	34mg
Sodium	584mg
<b>Total Carbohydrate</b>	2g
Fiber	Og
Sugars	1g
Protein	6g

2g 0g

Total Carbohydrate

<u>1</u>

Sugars Protein

Fiber

## 1 PROTEIN, 3 FAT



## HOT DOG

## - Corner Store - \$1.59

185	17g	7g	34mg	584mg	2g	Og	Jg	<b>6</b> g
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

## 1 PROTEIN, 3 FAT



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Protein



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HOT DOG

## - Corner Store - \$1.59

) ) ; -	
Calories	185
Total Fat	17g
Saturated Fat	7g
Cholesterol	34mg
Sodium	584mg
<b>Total Carbohydrate</b>	2g
Fiber	Og
Sugars	1g
Protein	<b>6</b> d

1 PROTEIN, 3 FAT



HOT DOG

## Corner Store -

Calories	185
Total Fat	179
Saturated Fat	79
Cholesterol	34mg
Sodium	584mg
<b>Total Carbohydrate</b>	2g
Fiber	Og
Sugars	1 g
Protein	6g

1 PROTEIN, 3 FAT



HOT DOG

## Corner Store —

Calories	185
Total Fat	17g
Saturated Fat	7g
Cholesterol	34mg
Sodium	584mg
<b>Total Carbohydrate</b>	2g
Fiber	Og
Sugars	1g
Protein	<b>6</b> 9

1 PROTEIN, 3 FAT



HOT DOG

## Corner Store \$1.59

Calories	185
Total Fat	17g
Saturated Fat	7g
Cholesterol	34mg
Sodium	584mg
<b>Total Carbohydrate</b>	29
Fiber	Og
Sugars	1g
Protein	<b>6</b> 9

1 PROTEIN, 3 FAT



## POTATO CHIPS

Corner Store

ល	154	0.59	1 g	Omg	128mg	ate 14.5g	1 g	Og	2g
\$1.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



## POTATO CHIPS

<b>5</b> )	154	0.5g	1 <sub>9</sub>	Omg	128mg	14.5g	1g	Og	2g
\$1.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## POTATO CHIPS

**Corner Store** 

	154	0.5g	<b>1</b>	Omg	128mg	14.5g	J <sub>0</sub>	Og	2g
\$1.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



## POTATO CHIPS

**Corner Store** 

	154	0.5g	1g	Omg	128mg	14.5g	1g	Og	2g
\$1.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

2 FAT

2 FAT

2 FAT

2 FAT





## POTATO CHIPS

POTATO CHIPS

POTATO CHIPS

**Corner Store** 

\$1.25

**Corner Store** 

\$1.25

ข	154	0.5g	Jg.	Omg	128mg	14.5g	Jg.	Og	2g
\$1.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

Omg

Saturated Fat Cholesterol

**Total Fat** Calories

0.5g

Saturated Fat Cholesterol

**Total Fat** 

0.5g

14.5g

**Total Carbohydrate** 

Sodium

128mg

14.5g

Total Carbohydrate

Sodium

Sugars Protein

Omg

128mg

Og



(

Calories	154
Total Fat	0.5g
Saturated Fat	1g
Cholesterol	Omg
Sodium	128mg
<b>Total Carbohydrate</b>	14.5g
Fiber	1g
Sugars	Og
Protein	2g





0.5g **1** Omg 14.5g <u>1</u>

128mg

2 FAT

Protein

2 FAT

Protein Sugars Fiber

2 FAT



## **2% MILK**

<b>1</b> 0	122	<b>5</b> g	3g	20mg	115mg	12g	Og
\$0.66	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber

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Protein

Sugars

12g



## 2% MILK

<b>t</b> i	122	5g	39	20mg	115mg	12g	Og	12g	89
\$0.66	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

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## 2% MILK

a		122	5g	39	20mg	115mg	12g	Og	12g	89
Corner Store	<b>\$0.66</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

12g 0g 12g

**Total Carbohydrate** 

Fiber Sugars

Protein

Sodium

20mg 115mg

Saturated Fat Cholesterol

Calories Total Fat

Somer Store

2% MILK

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1 DAIRY, 1 PROTEIN, 1 FAT



## 2% MILK

Corner Store

\$0.66	
Calories	122
Total Fat	5g
Saturated Fat	39
Cholesterol	20mg
Sodium	115mg
<b>Total Carbohydrate</b>	12g
Fiber	Og
Sugars	12g
Drotein	α

1 DAIRY, 1 PROTEIN, 1 FAT



## 2% MILK

2% MILK

**Corner Store** 

\$0.66

**Corner Store** 

\$0.66	
Calories	122
Total Fat	5g
Saturated Fat	39
Cholesterol	20mg
Sodium	115mg
<b>Total Carbohydrate</b>	12g
Fiber	Og
Sugars	12g
Protein	89

Total Carbohydrate

Sodium

59 39 20mg 115mg 12g 0g

> Saturated Fat Cholesterol

**Total Fat** 

## 1 DAIRY, 1 PROTEIN, 1 FAT

1 DAIRY, 1 PROTEIN, 1 FAT

Sugars Protein



## 2% MILK

**Corner Store** 

\$0.66	
Calories	122
Total Fat	5g
Saturated Fat	39
Cholesterol	20mg
Sodium	115mg
Total Carbohydrate	12g
Fiber	Og
Sugars	12g
Protein	89

## 1 DAIRY, 1 PROTEIN, 1 FAT



## **25% JUICE**

Sorner Store <b>\$0.80</b>	114	0.5g	at 1g	Omg	10mg	nydrate 28g	19	249	О
	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



## **25% JUICE**

ā	114	0.5g	1 <sub>9</sub>	Omg	10mg	28g	Jg	249	Og
Corner Store	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## **25% JUICE**

**Corner Store** 



## **25% JUICE**

Corner Store \$0.80

114	0.59	1g	Omg	10mg	28g	1g	249	Og	
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

## 1 FRUIT

1 FRUIT

1 FRUIT

1 FRUIT



## **25% JUICE**

**25% JUICE** 

**25% JUICE** 

**Corner Store** \$0.80

**Corner Store** \$0.80

ช	114	0.5g	<b>1</b>	Omg	10mg	28g	1g	24g	Og
\$0.80 \$0.80	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein





Calories	411
Total Fat	0.5g
Saturated Fat	1g
Cholesterol	Omg
Sodium	10mg
<b>Total Carbohydrate</b>	28g
Fiber	19
Sugars	249
Protein	Og

10mg

28g

Total Carbohydrate

Sodium

10mg Omg

28g

Total Carbohydrate

Sodium

24g

1 FRUIT

1 FRUIT

Protein Sugars

Protein

Sugars Fiber

24g

Omg

0.5g

Saturated Fat Cholesterol

**Total Fat** Calories

0.5g

Saturated Fat Cholesterol

**Total Fat** 



## 1 FRUIT



## FROZEN PIZZA

L	
· Corner Store	\$1.69

)	
Calories	533
Total Fat	24g
Saturated Fat	8.59
Cholesterol	28mg
Sodium	890mg
<b>Total Carbohydrate</b>	58g
Fiber	49
Sugars	7g
Protein	21g



## FROZEN PIZZA

## **Corner Store**

00-1-	1
Calories	533
Total Fat	24g
Saturated Fat	8.59
Cholesterol	28mg
Sodium	890mg
<b>Total Carbohydrate</b>	58g
Fiber	49
Sugars	7g
Protein	21g

# FROZEN PIZZA

## **Corner Store** \$1.69

533	24g	8.59	28mg	890mg	58g	49	79	219
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## FROZEN PIZZA

<b>Corner Store</b>	\$1.69

533	24g	8.5g	28mg	890mg	58g	49	7g	21g
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

4 GRAIN, 5 FAT, 3 PROTEIN



## **FROZEN PIZZA**

## **Corner Store** \$1.69

C
533
249
8.59
28mg
890mg
58g
49
7g
21g
~

4 GRAIN, 5 FAT, 3 PROTEIN



## FROZEN PIZZA

## **Corner Store** \$1.69

-	
Calories	533
Total Fat	249
Saturated Fat	8.59
Cholesterol	28mg
Sodium	890mg
<b>Total Carbohydrate</b>	58g
Fiber	49
Sugars	7g
Protein	21g

4 GRAIN, 5 FAT, 3 PROTEIN



## FROZEN PIZZA

## - Corner Store \$1.69

Calories	533
Total Fat	24g
Saturated Fat	8.59
Cholesterol	28mg
Sodium	890mg
<b>Total Carbohydrate</b>	58g
Fiber	49
Sugars	7g
Protein	21g

4 GRAIN, 5 FAT, 3 PROTEIN



## FROZEN PIZZA

## - Corner Store \$1.69

Calories	533
Total Fat	249
Saturated Fat	8.59
Cholesterol	28mg
Sodium	890mg
<b>Total Carbohydrate</b>	58g
Fiber	49
Sugars	7g
Protein	270

4 GRAIN, 5 FAT, 3 PROTEIN



# BLACK COFFEE

Corner Store

\$0.64	
Calories	0
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
<b>Total Carbohydrate</b>	Og
Fiber	Og
Sugars	Og
Protein	Og



# BLACK COFFEE

**Corner Store** 

Sat	\$0.64	Calories	Total Fat Og	Saturated Fat Og	Cholesterol Omg	Sodium Omg	Total Carbohydrate Og	Fiber	Sugars	Protein Og
---	--------	----------	--------------	------------------	-----------------	------------	-----------------------	-------	--------	------------



BLACK COFFEE

ore _	0	Og	Og	Omg	Omg	e Og	Og	Og	Og
Soner Store \$50.64	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## BLACK COFFEE **Corner Store**

	0	Og	Og	Omg	Omg	Og	Og	Og	Og
\$0.64	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

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1 EXTRA

1 EXTRA

1 EXTRA



<b>\$0.64</b>	
Calories	0
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
<b>Total Carbohydrate</b>	Og
Fiber	Og
Sugars	Og
Protein	Og

Saturated Fat Cholesterol

0 0 0

Saturated Fat Cholesterol

**Total Fat** 

Total Fat Calories

0 0 0 0

Total Carbohydrate

Total Carbohydrate

Sodium

Sodium

00 00 0 00 0 00

Saturated Fat Cholesterol

Total Fat Calories

0 0 0

Total Carbohydrate

Fiber

Sodium



BLACK COFFEE

BLACK COFFEE

BLACK COFFEE

**Corner Store** 

\$0.64

**Corner Store** 

\$0.64

Corner Store

\$0.64

## 1 EXTRA

1 EXTRA

1 EXTRA

Protein Sugars

Protein

Sugars Fiber

OFFEE		0	Og	Og	Omg	Omg	Og	Og	Og	Og
BLACK COF	Corner Store \$0.64	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

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Og	
Protein	

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## WHITE BREAD

<b>5</b>	80	<b>1</b> g	Og	Omg	147mg	15g	1g	2g	3g
\$0.18	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## WHITE BREAD

<b>.</b>	80	1g	Og	Omg	147mg	15g	1g	2g	39
Corner Store \$60.18	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## WHITE BREAD

o o	80	1g	Og	Omg	147mg	15g	1g	2g	39
\$0.18	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## WHITE BREAD

**Corner Store** 

\$0.18	80	19	d Fat Og	rol Omg	147mg	Total Carbohydrate 15g	19	29	39
	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Car	Fiber	Sugars	Protein



1 GRAIN

1 GRAIN

1 GRAIN



**Corner Store** 

\$0.18	
Calories	80
Total Fat	19
Saturated Fat	Og
Cholesterol	Omg
Sodium	147mg
<b>Total Carbohydrate</b>	15g
Fiber	1 g
Sugars	2g
Protein	39

1 GRAIN



## WHITE BREAD

01.0	
Calories	80
Total Fat	1 9
Saturated Fat	Og
Cholesterol	Omg
Sodium	147mg
<b>Total Carbohydrate</b>	15g
Fiber	<b>1</b>
Sugars	2g
Protein	39



## - Corner Store

WHITE BREAD

\$0.18	
Calories	80
Total Fat	19
Saturated Fat	Og
Cholesterol	Omg
Sodium	147mg
<b>Total Carbohydrate</b>	15g
Fiber	19
Sugars	2g
Protein	9

1 GRAIN

<u>1</u>

147mg Og Omg 15g WHITE BREAD **Corner Store** Total Carbohydrate \$0.18 Saturated Fat Cholesterol **Total Fat** Sodium Sugars

1 GRAIN

Protein

147mg Og Omg 15g WHITE BREAD **Corner Store Total Carbohydrate** \$0.18 Saturated Fat Cholesterol **Total Fat** Sodium Protein Sugars Fiber

1 GRAIN



WIC

## BANANA

**Corner Store** 

\$0.79	
Calories	105
Total Fat	0.59
Saturated Fat	Og
Cholesterol	Omg
Sodium	1mg
<b>Total Carbohydrate</b>	27g
Fiber	39
Sugars	14g
Protein	1g



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<b>a</b>	105	0.59	Og	Omg	1mg	27g	39	14g	1g
Sorner Store \$50.79	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

## 0



WIC

## BANANA

	105	0.5g	Og	Omg	1mg	27g	39	14g	1g
\$0.79	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



WIC

## BANANA

**Corner Store** 

**Corner Store** 

\$0.79 Calories Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate	105 0.59 0mg 1mg 27g
Sugars Protein	9 <del>4</del> 6 6



**2 FRUIT** 

**2 FRUIT** 

**2 FRUIT** 



WIC

WIC











WIC





BANANA

BANANA

BANANA

**Corner Store** 

\$0.79

**Corner Store** 

\$0.79

**Corner Store** 

\$0.79

fis	105	0.59	Og	Omg	1mg	279	39	14g
\$0.79	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars

Og Omg

Saturated Fat Cholesterol

Total Fat Calories

105 0.5g Og Omg

1mg 27g 3g

Total Carbohydrate

Sodium

1mg

27g 3g

Total Carbohydrate

Total Carbohydrate

Sodium

Sodium

Saturated Fat Cholesterol

**Total Fat** Calories

> 0.5g Og Omg 1mg 27g

> > Saturated Fat Cholesterol

**Total Fat** Calories

14g 1g

Protein

Sugars Fiber

14g

**2 FRUIT** 

**2 FRUIT** 

Protein Sugars

14g

Protein

Protein

Sugars Fiber

2 FRUIT

2 FRUIT



BURRITO

Corner Store

\$2.29	lories 379	Total Fat 11g	Saturated Fat 4g	Cholesterol Omg	dium 1042mg	Total Carbohydrate 58g	er 8g	gars 3g	otein 14g
	Calories	Total	Satur	Chole	Sodium	Total	Fiber	Sugars	Protein

2 PROTEIN, 2 FAT, 4 GRAIN, 1 DAIRY



## BURRITO

Corner Store \$2.29

Calories	379
Total Fat	119
Saturated Fat	49
Cholesterol	Omg
Sodium	1042mg
Total Carbohydrate	589
Fiber	89
Sugars	39
Protein	149

2 PROTEIN, 2 FAT, 4 GRAIN, 1 DAIRY



Corner Store

379	11g	49	Omg	1042mg	rate 58g	89	39	14g
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

2 PROTEIN, 2 FAT, 4 GRAIN, 1 DAIRY



2 PROTEIN, 2 FAT, 4 GRAIN, 1 DAIRY



BURRITO

	379	11g	49	Omg
Sorner Store <b>\$2.29</b>	Calories	Total Fat	Saturated Fat	Cholesterol

2 PROTEIN, 2 FAT, 4 GRAIN, 1 DAIRY

Sugars Protein



BURRITO

**Corner Store** 

<b>84.79</b>	Calories 379	Total Fat 11g	Saturated Fat 4g	Cholesterol Omg	Sodium 1042mg	Total Carbohydrate 58g	Fiber 8g	Sugars 3g	Protein 14g	
	S	Tot	Sa	ပ	So	Tot	Fib	Su	P	

58g 8g

Total Carbohydrate

1042mg

2 PROTEIN, 2 FAT, 4 GRAIN, 1 DAIRY



BURRITO

**Corner Store** 

\$2.29	379	ıt 11g	ed Fat 4g	erol Omg	1042mg	Total Carbohydrate 58g	89	3g	149
	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Car	Fiber	Sugars	Protein

2 PROTEIN, 2 FAT, 4 GRAIN, 1 DAIRY



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\$2.29	Calories 379	Total Fat 11g	Saturated Fat 4g	Cholesterol Omg	Sodium 1042mg	Total Carbohydrate 58g	Fiber 8g	Sugars 3g	Protein 14a
	Calo	Totc	Satı	Cho	Sod	Totc	Fibe	Sug	Prot

2 PROTEIN, 2 FAT, 4 GRAIN, 1 DAIRY



# HAM SANDWICH

**Corner Store** 

	352	15g	<b>6</b> 9	1mg	771mg	33g	Og	Og	21g
\$4.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein





# HAM SANDWICH

**Corner Store** 

\$4.29	
Calories	352
Total Fat	15g
Saturated Fat	<b>6</b> 9
Cholesterol	1mg
Sodium	771mg
<b>Total Carbohydrate</b>	339
Fiber	Og
Sugars	Og
Protein	21g

DAIRY
L,Y
GR/
FAT, 2
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PROTEIN

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# HAM SANDWICH

**Corner Store** 

1	352	15g	6g	1mg	771mg	33g	Og	Og	21g
\$4.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

3 PROTEIN, 3 FAT, 2 GRAIN, 1 DAIRY	
• • •	PROTEIN, 3 FAT, 2 GRAIN, 1 DA



**6**9 1mg 33g Og

3 PROTEIN, 3 FAT, 2 GRAIN, 1 DAIRY



# HAM SANDWICH

ā	352	15g	6g	1mg	771mg	339	Og	Og	21g
——— Corner Store <b>\$4.29</b>	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

3 PROTEIN, 3 FAT, 2 GRAIN, 1 DAIRY



HAM SANDWICH

**Corner Store** 

	352	15g	6g	1mg	771mg	33g	Og	Og	21g
\$4.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

3 PROTEIN, 3 FAT, 2 GRAIN, 1 DAIRY



HAM SANDWICH

\$4.29	บ
Calories	352
Total Fat	15g
Saturated Fat	6g
Cholesterol	1mg
Sodium	771mg
<b>Total Carbohydrate</b>	339
Fiber	Og
Sugars	Og
Protein	21g

3 PROTEIN, 3 FAT, 2 GRAIN, 1 DAIRY



**Corner Store** \$4.29

HAM SANDWICH

)   : ;	
Calories	352
Total Fat	15g
Saturated Fat	6g
Cholesterol	1mg
Sodium	771mg
<b>Total Carbohydrate</b>	33g
Fiber	Og
Sugars	Og
Protein	21g

3 PROTEIN, 3 FAT, 2 GRAIN, 1 DAIRY



## MAC & CHEESE

		2
Food Pantry	FREE	
6 		lories

Calories	204
Total Fat	99
Saturated Fat	49
Cholesterol	14mg
Sodium	397mg
<b>Total Carbohydrate</b>	249
Fiber	2g
Sugars	2g
Protein	89

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY



## MAC & CHEESE

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Calories	204
Total Fat	99
Saturated Fat	49
Cholesterol	14mg
Sodium	397mg
<b>Total Carbohydrate</b>	249
Fiber	29
Sugars	29
Protein	89

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY



# MAC & CHEESE

MAC & CHEESE

- Food Pantry

FREE

Calories

## **Food Pantry**

204	9 0	49	14mg	397mg	249	2g	2g	89
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

397mg

**Total Carbohydrate** 

Sugars Protein

Fiber

Sodium

Saturated Fat Cholesterol

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY



## MAC & CHEESE

## - Food Pantry

FREE	
Calories	204
Total Fat	99
Saturated Fat	49
Cholesterol	14mg
Sodium	397mg
<b>Total Carbohydrate</b>	249
Fiber	29
Sugars	29
	ď

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY



## MAC & CHEESE

MAC & CHEESE

MAC & CHEESE

Food Pantry

FREE

- Food Pantry

FREE

## **Food Pantry** FREE

Calories	204
Total Fat	6 6
Saturated Fat	49
Cholesterol	14mg
Sodium	397mg
<b>Total Carbohydrate</b>	249
Fiber	2g
Sugars	2g
Protein	89

397mg

14mg

24g

Total Carbohydrate

24g 397mg

Total Carbohydrate

Sodium

49

Saturated Fat Cholesterol

49 14mg

Saturated Fat Cholesterol

**Fotal Fat** 

**Total Fat** 

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY

Protein Sugars

Protein

Sugars





## **PASTA**

		221	1g	Og	Omg	1mg	43g	3g	19	89
Food Pantry	FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## **PASTA**

**Food Pantry** 



## **PASTA**

**Food Pantry** 

	221	1 <sub>0</sub>	Og	Omg	1mg	439	39	1 <sub>0</sub>	89
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## **PASTA**

	221	1 <sub>g</sub>	Og	Omg	1mg	439	39	1g	89
Food Pantry FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

2 GRAIN

2 GRAIN

2 GRAIN

2 GRAIN



FREE	
Calories	221
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	1mg
<b>Total Carbohydrate</b>	43g
Fiber	39
Sugars	1 <sub>9</sub>
Protein	89

221 19 0 0 0 0 1 mg 439 39

Saturated Fat Cholesterol

Total Fat

Sodium Total Carbohydrate



## **PASTA**

**Food Pantry** 

**Food Pantry** 

FREE

**PASTA** 

	0
Calories	722
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	1mg
Total Carbohydrate	43g
Fiber	39
Sugars	1g
Protein	89



## **PASTA**

<b>&gt;</b>	221	<b>1</b>	Og	Omg	1mg	43g	39	<b>1</b>	89
—— Food Pantry FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## **PASTA**

	221	19	Og	Omg	1mg	439	39	19	ď
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

2 GRAIN

Protein Sugars

2 GRAIN

2 GRAIN

2 GRAIN



# TOMATO SAUCE

<u>}</u>	06	39	O.5g	O mg	470mg	13g	49	9g	2g
Food Pantry	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



# **TOMATO SAUCE**

>	06	39	O.5g	O mg	470mg	13g	49	9 0	2g
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## TOMATO SAUCE

>		06	39	0.59	O mg	470mg	13g	49	9 9	29
Food Pantry	FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## Food Pantry FREE

TOMATO SAUCE

06	39	0.59	O mg	470mg	139	49	99	2g
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

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1 VEGETABLE

1 VEGETABLE

1 VEGETABLE



# **TOMATO SAUCE**

 <b>^</b>	06	3g	0.59	O mg	470mg	e 13g	49	9 6	29
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



06	3g	0.5g	O mg	470mg	13g	49	9g	2g
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

## 1 VEGETABLE



## 1 VEGETABLE

Protein Sugars Fiber

13g

49

39

## 1 VEGETABLE

	SAUCE			06	3g	O.5g	O mg	470mg	13g	49	9g	29
ANNED	MATO	Food Pantry	FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



**TOMATO SAUCE** 

**Food Pantry** 

	06	39	0.59	O mg	470mg	13g	49	9 9	2g	
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein	



## WHITE BREAD



## WHITE BREAD

	80	1g	Og	Omg	147mg	15g	1g	2g	39
FREE FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## WHITE BREAD

**Food Pantry** 

80	19	Og	Omg	147mg	15g	1g	2g	39
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## WHITE BREAD - Food Pantry

	80	1g	Og	Omg	147mg	15g	1g	2g	39
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

1 GRAIN

1 GRAIN

1 GRAIN

1 GRAIN



80	<b>1</b>	Og	Omg	147mg	15g	1g	29	39
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



## WHITE BREAD



147mg

15g

**Total Carbohydrate** 

Sodium

Og Omg

Saturated Fat Cholesterol

**Total Fat** Calories



1 GRAIN



## Food Pantry

WHITE BREAD

1 GRAIN

WHITE BREAD	EAD
Food Pantry	
FREE	
Calories	80
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	147mg
Total Carbohydrate	15g
Fiber	1g
Sugars	2g
	(



WHITE BREAD

Food Pantry

FREE

FREE	
Calories	80
Total Fat	<b>1</b>
Saturated Fat	Og
Cholesterol	Omg
Sodium	147mg
<b>Total Carbohydrate</b>	15g
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80	1g	Og	Omg	147mg	15g	1g	2g	39	
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium 14	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein	

## 1 GRAIN

Protein Sugars Fiber



WIC

## **BLACK BEANS**

	<u> </u>	164	0.59	Og	Omg	691mg	e 30g	12g	0.59	11g
L	FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



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	SZ	
0	BEA	Pantry
	<b>ACK</b>	Food Pantry

CAN

ANS		164	0.5g	Og	Omg	691mg	30g	12g	0.5g	11g	
BLACK BEANS	Food Pantry	P KEE Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein	

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# **BLACK BEANS**

	164	0.5g	Og	Omg	691mg	30g	12g	0.5g	11g
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE





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To Contain the second	FREE	164	0.59	d Fat Og	rol Omg	691mg	Total Carbohydrate 30g	12g	0.59	110
		Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Ca	Fiber	Sugars	Protein

1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE

## WIC

WIC

# **BLACK BEANS**

**BLACK BEANS** 

**Food Pantry** 

FREE

Food Pantry -

	164	0.5g	Og	Omg	691mg	30g	12g	0.5g	11g
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

691mg

30g

Total Carbohydrate

Sodium

O.5g

1 PROTEIN, 1 VEGETABLE

Protein Sugars

12g

Og Omg

Saturated Fat Cholesterol

**Total Fat** Calories

0.5g

1 PROTEIN, 1 VEGETABLE

## **BLACK BEANS** 0.59 Og Omg 30g 12g 0.59 164 691mg **Food Pantry** Total Carbohydrate FREE 00 Saturated Fat Cholesterol **Total Fat** Calories Sodium Protein Sugars Fiber





## **BROWN RICE**

	218	2g	0.5g	Omg	2mg	46g	49	Og	5g
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein







<b>X</b>	S E		218	2g	0.5g	Omg	2mg	46g	49	Og	<b>5</b> g	
	BROWN RICE	—— Food Pantry	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein	







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## **BROWN RICE**

**BROWN RICE** 

**Food Pantry** 

- Food Pantry

	218	29	0.5g	Omg	2mg	46g	49	Og	5g
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein

1-21
2

WIC

3 GRAIN

3 GRAIN

3 GRAIN

3 GRAIN



WIC

WIC

## **BROWN RICE**

Food Dantry	
FREE	
Calories	218
Total Fat	2g
Saturated Fat	0.5g
Cholesterol	Omg
Sodium	2mg
<b>Total Carbohydrate</b>	46g
Fiber	49
Sugars	Og
Protein	<b>5</b> g



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**BROWN RICE** 

**BROWN RICE** 

Food Pantry -

FREE

**Food Pantry** 

FREE

**Food Pantry** 

|--|

0.5g Omg 2mg 46g

Saturated Fat Cholesterol

0.5g Omg 2mg 46g 49

Saturated Fat Cholesterol

**Total Fat** Calories

2g

Total Fat Calories

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0g 5g

Protein

Sugars Fiber

3 GRAIN

3 GRAIN

Protein

Sugars

**Total Carbohydrate** 

Total Carbohydrate

Sodium

Sodium

3 GRAIN



**ANOT** 

## Food Pantry FREE

Calories	158
Total Fat	79
Saturated Fat	1g
Cholesterol	26mg
Sodium	337mg
<b>Total Carbohydrate</b>	Og
Fiber	Og
Sugars	Og
Protein	23g



## Food Pantry FREE

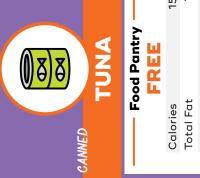
**TUNA** 

Calories	158
Total Fat	79
Saturated Fat	19
Cholesterol	26mg
Sodium	337mg
<b>Total Carbohydrate</b>	Og
Fiber	Og
Sugars	Og
Protein	23g



## **Food Pantry ANDT**

	158	79	1g	26mg	337mg	Og	Og	Og	23g
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	<b>Total Carbohydrate</b>	Fiber	Sugars	Protein



Total Fat	79
Saturated Fat	19
Cholesterol	26mg
Sodium	337mg
<b>Total Carbohydrate</b>	Og
Fiber	Og
Sugars	Og
Protein	23g

3 PROTEIN

3 PROTEIN

3 PROTEIN

3 PROTEIN



**TUNA** 

Food Pantry	FREE

Calories	158
Total Fat	79
Saturated Fat	1g
Cholesterol	26mg
Sodium	337mg
<b>Total Carbohydrate</b>	Og
Fiber	Og
Sugars	Og
Protein	239

3 PROTEIN



**TUNA** 

## **Food Pantry** FREE

Calories	158
Total Fat	7g
Saturated Fat	1g
Cholesterol	26mg
Sodium	337mg
<b>Total Carbohydrate</b>	Og
Fiber	Og
Sugars	Og
Protein	239

3 PROTEIN



**TUNA** 

## **Food Pantry**

FREE	
Calories	158
Total Fat	7g
Saturated Fat	1g
Cholesterol	26mg
Sodium	337mg
<b>Total Carbohydrate</b>	Og
Fiber	Og
Sugars	Og
Protein	23g

3 PROTEIN



**ANDT** 

## Food Pantry FREE Saturated Fat Cholesterol Total Fat Calories

337mg 26mg 0 0 0 0 **Total Carbohydrate** Sodium Protein Sugars Fiber

3 PROTEIN

# **MEAL TICKET**

Community Kitchen



1 GRAIN, 1 VEGGIE

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Community Kitchen —



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