

Table of Contents

Atlanta Community Food Bank	3
Facilitator Guide	4 - 21
Community Member Profiles	22 - 53
Merchant/Services Packets	54 - 78
Map/Station Signage	79 - 92
Food Cards	93 - 170



The Food Bank is working to end hunger in our community with the food, people, and big ideas needed to ensure our neighbors have access to the nutritious meals they need when they need them. Since 1979, we've been providing food for a growing network of community-based, nonprofit partners including food pantries, schools, senior centers, shelters, healthcare facilities, community kitchens, and more. We currently serve more than 700 partners in 29 counties across metro Atlanta and north Georgia.

Our Mission Our mission is to fight hunger by engaging, educating, and empowering our community. 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 nearly 96 million meals in 2023.

How We Work Food and funds are donated to the Atlanta Community Food Bank by individuals and the local food industry, including manufacturers, distributors, farmers, and retailers. We distribute this food to over 700 partner food assistance programs in 29 north Georgia counties. These partners provide the food to families and individuals in need. Our dedicated volunteers gave nearly 96,000 hours of service in 2023 to help make this possible.

Hunger in Our Community We all depend on having enough nutritious food to live a healthy and productive life. But far too many neighbors in our community experience hunger and may not know where they will get their next meal. This includes working families, seniors, and children. In our 29-county service area, thousands of people struggle to provide food for themselves and their families. In fact, you may know someone who is silently struggling: a neighbor, a colleague, a student, or even a friend.

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 16 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
 - eWIC Cards and Food Cards (Food Tiger, Corner Store, Food Pantry and Community Kitchen meals)
- Merchant and Service Provider Signs
 - Community Kitchen/Benefits Outreach
 - 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

16+ 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
- Benefits Outreach sign
- 1 Role description and instructions
- 16+ Free Meal Food Cards
- 5 Bus Tokens
- 1 EITC/CTC Eligibility Sheet
- 1 WIC/SNAP Eligibility Sheet
- 1 "Closed" sign
- 2 Pens

SNAP Office

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

WIC Clinic

- WIC Office sign
- 1 Role description and instructions
- 16+ WIC Applications
- 16+ Nutrition Education Sheets
- 2 WIC/SNAP Eligibility Sheets
- 20+ WIC EBT Cards
- 3-4 Pens
- 1 WIC sign-in sheet

Community Food Pantry

- Community Food Pantry sign
- 1 Role description and instructions
- 16+ Food Pantry Applications
- Food Pantry Food Cards: 5 of each
- 3-4 Pens

VITA Site

(Volunteer Income Tax Assistance)

- VITA Site sign
- 1 Role description and instructions
- EITC/CTC Eligibility Sheet
- 16+ 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.

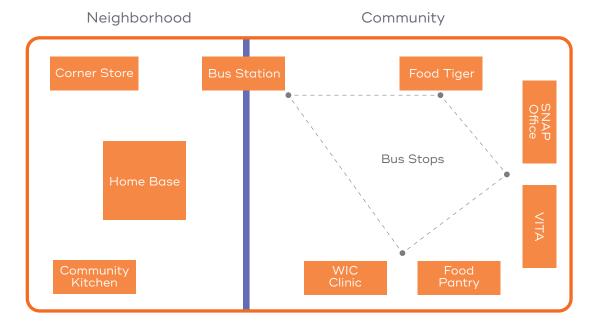
Prior to the Group Arriving

- Prepare 16+ 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.
- Hang signs for each station and each bus stop, clearly marking the locations.
- 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.
- You should be familiar with 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 it is a larger group (40–50).
- Everyone else will be receiving a Community Member Profile. There are 16 different community member roles. If you have a large group, you can make additional copies of these 16 different roles. Distribute the profiles to Community Members in numerical order 1-16, 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, they 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 focus efforts and progress in the limited time-frame of this activity, they only need to obtain food 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 16+ 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 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-localfoodbank/
- **Donate-** For every \$1 donated, we can generate 3 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/thehungry-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

OTHER HELPFUL RESOURCES

- 1. MyPlate- About. [cited 2015 January 14]; Available from: http://www.choosemyplate.gov/about.html.
- 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.
- 3. 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.
- 4. 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.
- 5. 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.
- 6. WHO Food Security. [cited 2015 February 6]; Available from: http://www.who.int/trade/glossary/story028/en/.
- 7. 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.
- 8. 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.
- 9. 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.
- 10. Diabetes Basics. [cited 2014 December 6]; Available from: http://www.diabetes.org/diabetes-basics/.
- 11. Diabetes- Disease Management and Prevention from the Academy. [cited 2015 January 14]; Available from: http://www.eatright.org/Public/content.aspx?id=6818.
- 12. NHBLI- What is a Heart Attack? [cited 2015 February 19]; Available from: http://www.nhlbi.nih.gov/health/health-topics/topics/heartattack.
- 13. Kidney Disease. [cited 2015 January 14]; Available from: http://www.eatright.org/Public/content.aspx?id=4294967543.
- 14. 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."

Community Member Packets

For a simulation with 24 participants, there will be 16 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	DAILY BUDGET	BUS TOKEN	BUS PASS	CAR	HEALTH STATE
1	\$3.67	6			Kidney Disease
2	\$1.46				High Blood Pressure
3	\$1.06				Food Allergies
4	\$0.27				Type-2 Diabetes
5	\$0.65				
6	\$1.50	2			
7	\$0.35			X	High Blood Pressure
8	\$7.53			X	HBP, HC, Stroke
9	\$2.22				Diabetes, Heart Disease
10	\$0.50				Type-1 Diabetes
11	\$2.40				Heart Disease
12	\$0.48				НВР, НС
13	\$0.15				Pre-Diabetes
14	\$0.43			X	Pregnancy
15	\$1.73	6			Diabetes, HBP, KD
16	\$1.17				

Merchants & Services Packets

For a workshop with 24 participants, there will be 8 Merchants/Services. For any other number of participants, adjust accordingly. For example, with a larger number of participants you may need more Merchant/Service providers to support stations.

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, 20 Bus Tokens, 20 Bus Receipts, 1 Pencil
Food Pantry	Food Pantry Sign, "Closed" Sign, Role Description and Instructions, 16+ Food Pantry Applications, 3-4 Pencils, 5 of each Food Pantry food card
Community Kitchen	Community Kitchen/Benefits Outreach Signs, "Closed" Sign, Role Description and Instructions, 16+ Community Kitchen Meal Cards, 5 Bus Tokens, 1 EITC/CTC Eligibility Sheet, 1 SNAP/WIC Eligibility Sheet
SNAP Office	SNAP Office Sign, Role Description and Instructions, 16+ SNAP Applications, 4-5 Pens, 2 SNAP/WIC Eligibility Sheets, 1 QR Code sheet
WIC Clinic	WIC Clinic Sign, Role Description and Instructions, 16+ eWIC Applications, 16+ Nutrition Education Sheets, 16+ eWIC Cards, sign in sheet, 1 QR code sheet
Food Tiger	Food Tiger Sign, "Closed" Sign, Role Description and Instructions, 16-20 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, 1 QR code sheet, 16+ Worksheets, 4-5 Pens

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: \$1,030

HEALTH STATE: Chronic Kidney Disease

You are 78 years old and live on a fixed social security income of \$1030/month. You have dual enrollment in Medicare/Medicaid which helps with most of your healthcare expenses. You are on a wait list for more affordable housing, but currently pay \$900/month for a studio apartment. You take public transportation when necessary. You have a cell phone with limited data. You have chronic kidney disease (CKD) and require dialysis treatments 3x weekly for 3-4 hours each time.

WALLET			
CASH	EITC	стс	SNAP
\$0.33			

TRANSPORTATION
This section designates your capabilities to travel around the community.
ALOE DER
AUS TOKEN. OZ Z Z Z Z Z Z Z Z Z Z Z Z Z Z Z Z Z Z

FINANCIAL GUIDE:



\$1030 - \$1020 = \$10 People in Household: 1 \$10 / 30 Days =

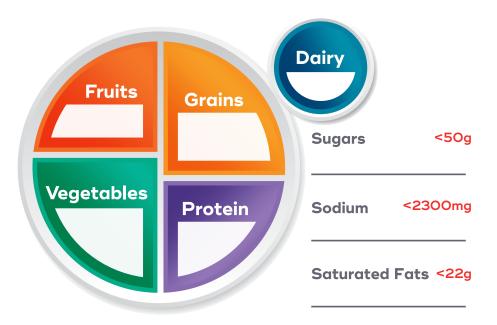
MONEY LEFT FOR FOOD PER PERSON, PER DAY:

→ \$0.33

EXPENSES

HOME-	\$900
UTILITIES-	\$70
MEDICAL-	\$0
TRANSPORTATION-	\$15
PHONE-	\$35
CHILDCARE-	
OTHER-	
TOTAL:	\$1020

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:

Limit foods high in sodium, potassium, or phosphorus.

NUTRITION RECOMMENDATIONS			
FOOD GROUP	#	CHOOSE	LIMIT
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	0	Rice Milk	Milk, Yogurt, Cheese, Soy

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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: \$3,080

HEALTH STATE: High Blood Pressure

You are 35 years old, married, and have two children ages 7 and 9. You work for \$15/hour and your spouse works for \$10/hour, both full time. Your combined monthly income after taxes is \$3,080. You rent a two-bedroom apartment. You have health insurance through your employer, but you must pay for your family's coverage. Your kids are in an after-school program at school. You have high blood pressure, which requires a daily prescription and regular management through a healthy diet. You share a vehicle.

WALLET				
CASH	стс	EITC	SNAP	
\$1.46				

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:



\$3,080 - \$2,905 = \$175 People in Household: 4 \$175 / 4 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

→ \$1.46

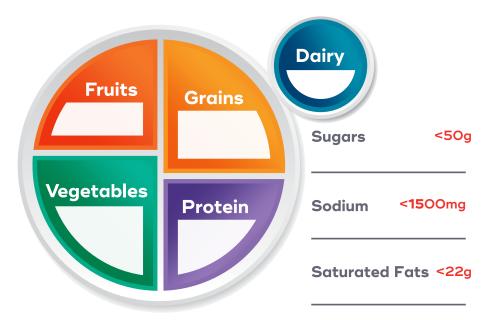
EXPENSES

LXI LINSE	
HOME-	\$1,630
UTILITIES-	\$175
MEDICAL-	\$200
TRANSPORTATION-	\$450
PHONE-	\$50
CHILDCARE-	\$400
OTHER-	

\$2,905

TOTAL:

NOTES		
	ADDITION	NAL 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. Choose high fiber, low sodium, low saturated fats.

NUTRITION RECOMMENDATIONS			
FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	2	Whole Fruit	
VEGETABLES	3	Green Beans, Carrots, Collards, Corn, Potatos And Tomatoes	Canned Vegetables, Unless Low in Sodium
GRAINS	7	Whole Grains	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

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PHONE: 770-963-8521

ADDRESS: 258 East Rd. Atlanta, GA 30033

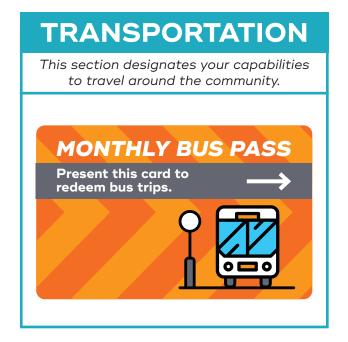
SOCIAL SECURITY #: XXX-XX-4522

PEOPLE IN HOUSEHOLD: 4 CHILDREN: (3), Age 4, 7, & 9 MONTHLY INCOME: \$957

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 and your monthly income after taxes is \$957. You are eligible and on a waiting list for affordable housing. You are currently staying with family members who are providing childcare, so you are able to save \$300/month toward an apartment. You contribute \$400/month for rent and utilities. You use public transportation. Your kids are on Medicaid, but you are uninsured for now. You have severe food allergies to peanuts and eggs.

WALLET				
CASH	стс	EITC	SNAP	
\$1.06				



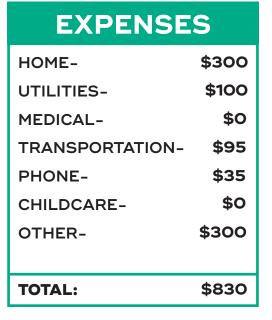
FINANCIAL GUIDE:



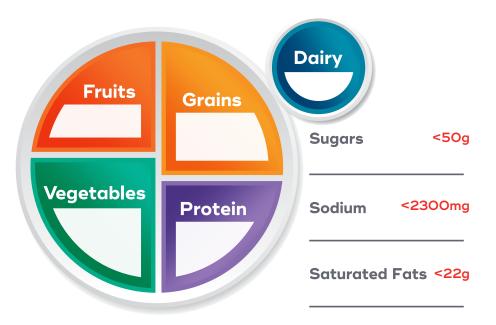
\$957 - \$830 = \$127 People in Household: 4 **\$127** / 4 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

→ \$1.06 ←



NOTES	
	ADDITIONAL 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			LIMIT
FRUITS	2	Whole Fruit	
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	
GRAINS	6	Whole Grains	Any Baked Goods Containing Peanuts or Eggs
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Peanuts and Eggs, Fried Chicken Fried in Peanut Oil
DAIRY	3	Skim And Low-Fat Milk And Yogurt	

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PHONE: 404-820-5967

ADDRESS: 285 West St. Atlanta, GA 30317

SOCIAL SECURITY #: XXX-XX-4521

PEOPLE IN HOUSEHOLD: 2

CHILDREN: (1), Age 1

MONTHLY INCOME: \$1,254

HEALTH STATE: Type-2 Diabetes

You are a 29-year-old single parent of a 1-year-old. You were recently laid off from your job, losing your health benefits. You have found temporary work earning \$9.50/hour. Your monthly income after taxes is \$1,254. You split the rent for a two-bedroom apartment with a roommate. A friend's mother is temporarily providing childcare. Your 1-year-old is on Right from the Start (RSM) Medicaid, but you don't have insurance. You have Type 2 diabetes requiring medications and diet restrictions. You use public transportation.

WALLET				
CASH	стс	EITC	SNAP	
\$0.27				

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

FINANCIAL GUIDE:



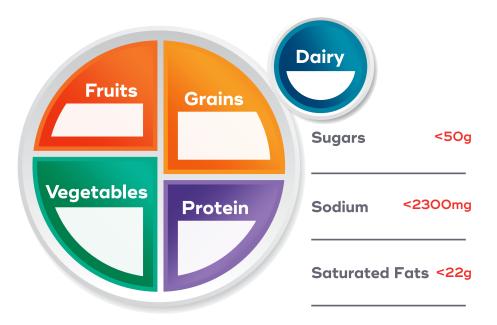
\$1,254 - \$1,238 = \$16People in Household: 2
\$16 / 2 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

→ \$0.27 ←

EXPENSES			
HOME-	\$950		
UTILITIES-	\$120		
MEDICAL-	\$0		
TRANSPORTATION-	\$95		
PHONE-	\$23		
CHILDCARE-	\$50		
OTHER-			
TOTAL:	\$1,238		

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		LIMIT	
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 Carbohydra Like Baked Goods And Sugary		
PROTEIN	3	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken Fatty Meats Like Bacon, Saus Hot Dogs		
DAIRY	3	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese	

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PHONE: 404-223-1762

ADDRESS: 54 Mill Rd. Atlanta, GA 30331

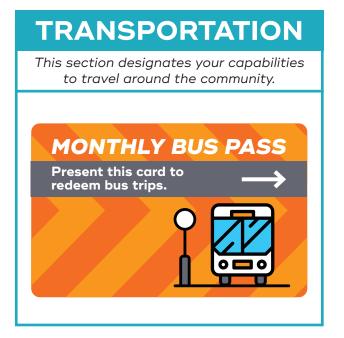
SOCIAL SECURITY #: XXX-XX-4411

PEOPLE IN HOUSEHOLD: 4
CHILDREN: (3), AGES 3, 5, & 7
MONTHLY INCOME: \$2,013

HEALTH STATE: No current health condition

You are 30 years old and the newly single parent of 3 children ages 3, 5, and 7. You earn \$14/hour, and you receive a \$200/month child support payment for a total monthly income of \$2,013 after taxes. You rent a two-bedroom apartment. Your children's healthcare is covered by Medicaid, and you pay for a high deductible health plan. A friend provides in-home childcare at a reduced fee. You use public transportation.

WALLET				
CASH	стс	EITC	SNAP	
<i>\$0.65</i>				



FINANCIAL GUIDE:



\$2,013 - \$1,935 = \$78 People in Household: 4 \$78 / 4 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

→ \$0.65 ←

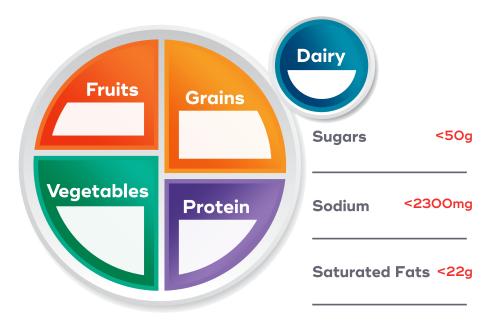
LXI LINSL	
HOME-	\$1,400
UTILITIES-	\$60
MEDICAL-	\$100
TRANSPORTATION-	\$95
PHONE-	\$30
CHILDCARE-	\$250
OTHER-	

\$1,935

TOTAL:

FXPFNSFS

NOTES		
	ADDITIO	NAL 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.

Health Tips:

MyPlate guidelines recommend making 1/2 your plate whole fruits and vegetables, and 1/2 your grains whole grains. Vary your proteins and choose low-fat dairy.

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

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PHONE: 770-667-5432

ADDRESS: 754 1st Ave. Atlanta, GA 30307

SOCIAL SECURITY #: XXX-XX-4587

PEOPLE IN HOUSEHOLD: 3

CHILDREN: (2), AGES 6 months & 5
MONTHLY INCOME: \$280 (TANF)

HEALTH STATE: No current health condition

You are 26 years old with two children ages 6 months and 5 years. You currently live in a family shelter. You lost your job and apartment after your youngest was hospitalized for two weeks. The shelter helps with your job search, childcare, breakfast, and 2 public transit rides daily. You receive \$280/month from TANF (Temporary Assistance for Needy Families). You and your children are enrolled in Medicaid, and you are trying to save \$50/month for an apartment. The shelter helps, but you often spend \$80/month on diapers and other personal care items.

WALLET				
CASH	стс	EITC	SNAP	
\$1.50				



FINANCIAL GUIDE:



\$280 - \$145 = \$135 People in Household: 3 **\$135** / 3 / 30 Days =

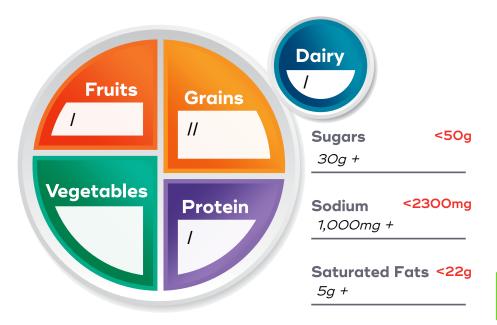
MONEY LEFT FOR FOOD PER PERSON, PER DAY:

→ \$1.50



EXPENSE	S
HOME-	\$ 0
UTILITIES-	\$ 0
MEDICAL-	\$ 0
TRANSPORTATION-	\$ 0
PHONE-	\$15
CHILDCARE-	\$ O
OTHER-	\$130
TOTAL:	\$145

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 partially completed to reflect shelter-provided meal.

NUTRITION RECOMMENDATIONS			
FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	2	Whole Fruit	Fruit Juice
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

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PHONE: 770-963-8521

ADDRESS: 873 Oak St. Atlanta, GA 30018

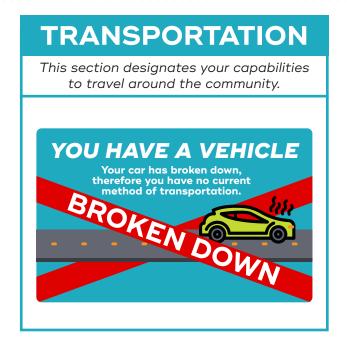
SOCIAL SECURITY #: XXX-XX-2100

PEOPLE IN HOUSEHOLD: 5 CHILDREN: (3) AGES 2, 4, & 7 **MONTHLY INCOME:** \$2,957

HEALTH STATE: HIGH BLOOD PRESSURE

You are 35 years old, and you and your spouse have 3 children ages 2, 4, and 7. You both work full time for \$12/hour, and your monthly income is \$2,957 after taxes. You live in a two-bedroom apartment and share a vehicle. Your 2-year-old is in daycare, your 4-year-old is in state-funded pre-K, and your 7-year-old is in public school. The two older children attend aftercare at their school. You have insurance through your employer but pay a monthly premium for family. You were recently diagnosed with high blood pressure.

WALLET			
CASH	стс	EITC	SNAP
<i>\$0.35</i>			



FINANCIAL GUIDE:



\$2,957 - \$2,905 = \$52 People in Household: 5 **\$52** / 5 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

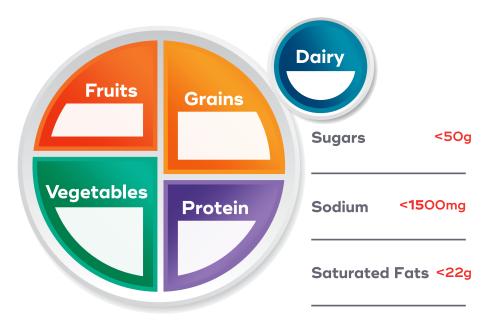
\$0.35 ←



EXPENSI	-5
HOME-	\$1200
UTILITIES-	\$150
MEDICAL-	\$275
TRANSPORTATION-	\$350
PHONE-	\$80
CHILDCARE-	\$850
OTHER-	
TOTAL:	\$2,905

\$2,905

NOTES	
	ADDITIONAL 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	LIMIT
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

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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: \$2,500

HEALTH STATE: HIGH BLOOD PRESSURE,

HIGH CHOLESTEROL, STROKE

You are 71 years old and have been married to your spouse for 40 years. You have a combined monthly social security income of \$2,500. You have a history of high blood pressure, high cholesterol, and stroke. You are on Medicare but pay a monthly premium for supplemental insurance. Your home is paid for, but you put aside money each month for property taxes and maintenance expenses. You share a vehicle.

WALLET			
CASH	стс	EITC	SNAP
\$5.95			

TRANSPORTATION This section designates your capabilities to travel around the community. YOU HAVE A VEHICLE Your car has broken down, therefore you have no current method of transportation. BROKEN DOWN

FINANCIAL GUIDE:



\$2,500 - \$2,143 = \$357People in Household: 2 **\$357** / 2 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

→ \$5.95 ←

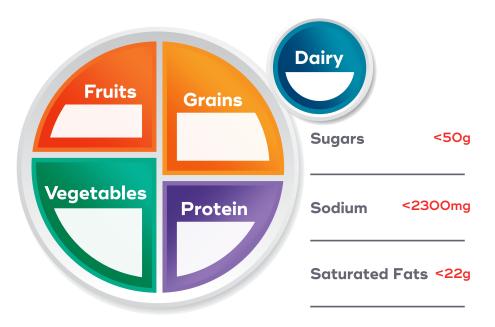
EXPENSES

LXI LITSL	
HOME-	\$0
UTILITIES-	\$250
MEDICAL-	\$300
TRANSPORTATION-	\$450
PHONE/INTERNET-	\$130
CHILDCARE-	
HOMEOWNER EXPENSES-	\$1,013

\$2,143

TOTAL:

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:

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

NUTRITION RECOMMENDATIONS			
FOOD GROUP # CHOOSE LIMIT		LIMIT	
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 Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken Fatty Meats Like Bacon, Sausage And Hot Dogs		Fatty Meats Like Bacon, Sausage And Hot Dogs	
DAIRY	2	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese

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PHONE: 770-552-6322

ADDRESS: 128 Pine Rd. Atlanta, GA 30307

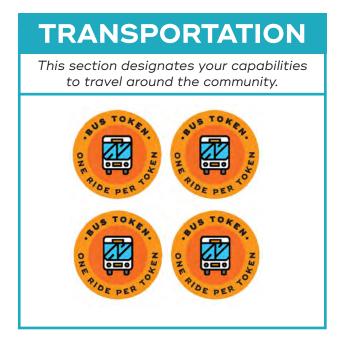
SOCIAL SECURITY #: XXX-XX-8765

PEOPLE IN HOUSEHOLD: 3 **CHILDREN: (2) AGES 9 & 11 MONTHLY INCOME: \$1,450**

HEALTH STATE: DIABETES, HEART DISEASE

You are a 70-year-old grandparent with Type-2 diabetes and heart disease. You are raising two grandchildren ages 9 and 11. You receive a monthly Social Security check of \$1,050/month and receive child support of \$400/month for a combined monthly income of \$1,450. You rent a two-bedroom apartment and take public transportation when necessary. Your healthcare is covered by dual enrollment in Medicare and Medicaid. Your grandchildren are on Medicaid.

WALLET			
CASH	стс	EITC	SNAP
\$2.22			



FINANCIAL GUIDE:



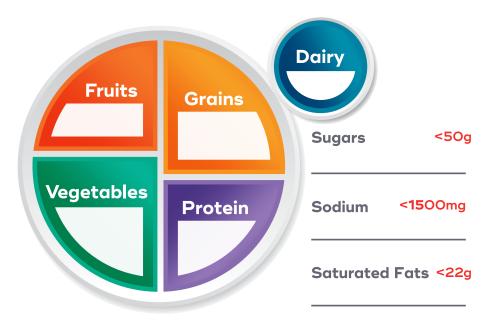
\$1,450 - \$1,250 = \$200 People in Household: 3 \$200 / 3 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

FYDENCES

EXPENSE	.5
HOME-	\$1,000
UTILITIES-	\$150
MEDICAL-	\$0
TRANSPORTATION-	\$10
PHONE/INTERNET-	\$90
CHILDCARE-	\$0
OTHER-	
TOTAL:	\$1,250

NOTES		
	ADDITIO	NAL SSN INFO
	CHILD	XXX-XX-4321
	CHILD	XXX-XX-9876



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 a variety of whole foods, while limiting processed foods and unhealthy fats.

NUTRITION RECOMMENDATIONS			
FOOD GROUP	FOOD GROUP # CHOOSE LIMIT		LIMIT
FRUITS	2	Whole Fruit	Fruit Juice
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 Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken Fatty Meats Like Bacon, Sausage And Hot Dogs		Fatty Meats Like Bacon, Sausage And Hot Dogs	
DAIRY	3	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese

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PHONE: 770-493-2894

ADDRESS: 32 Lake Dr. Atlanta, GA 30023

SOCIAL SECURITY #: XXX-XX-3476

PEOPLE IN HOUSEHOLD: 4 CHILDREN: (2) AGES 4 & 10 MONTHLY INCOME: \$3,450

HEALTH STATE: TYPE-1 DIABETES

You are 36 years old and you and your spouse have 2 children ages 4 and 10. You both work full-time. One of you earns \$12/hour and one of you earns \$16/hour; your combined monthly income after taxes is \$3,450. You rent a two-bedroom apartment. Your family has two older cars. Your 4-year-old is in state funded pre-K and your 10-year-old is in public school, and a neighbor provides childcare for \$200/month. You have Type 1 diabetes and have insurance through your employer, but pay a premium for a family plan plus copays.

WALLET			
CASH	стс	EITC	SNAP
\$0.50			

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:



\$3,450 - \$3,390 = \$60People in Household: **4 \$60 / 4 / 30 Days =**

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

→ \$0.50 ←

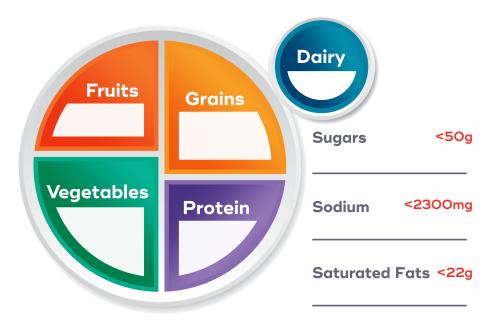
EXPENSES

LXI LINSL	
HOME-	\$1,940
UTILITIES-	\$200
MEDICAL-	\$550
TRANSPORTATION-	\$400
PHONE-	\$100
CHILDCARE-	\$200
OTHER-	

\$3,390

TOTAL:

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



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 a variety of whole foods, limiting carbohydrates, saturated fats, sugar, and salt.

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

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PHONE: 770-753-3029

ADDRESS: 87 Vine Rd. Atlanta, GA 30043

SOCIAL SECURITY #: XXX-XX-9284

PEOPLE IN HOUSEHOLD: 2

CHILDREN: (1), AGE 10

MONTHLY INCOME: \$2,244

HEALTH STATE: HEART DISEASE

You are a 45-year-old a single parent of one child who is 10 years old. You have a full-time job earning \$17/hour, and your monthly income is \$2,244 after taxes. You rent a one-bedroom apartment. You recently had a brief hospital stay for heart problems and your hospital bills and medication were only partially covered by insurance. Your child goes to a local nonprofit after-school program that offers sliding scale payments. You use public transportation.

WALLET			
CASH	стс	EITC	SNAP
\$2.40			

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

FINANCIAL GUIDE:



\$2,244 - \$2,100 = \$144People in Household: 2
\$144 / 2 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

→ \$2.40 ←

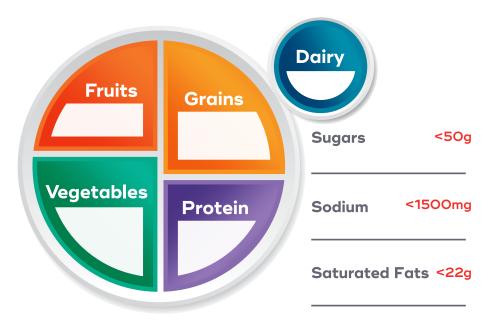
EXPENSES

LAPLINGL	
HOME-	\$1,400
UTILITIES-	\$90
MEDICAL-	\$400
TRANSPORTATION-	\$95
PHONE-	\$15
CHILDCARE-	\$100
OTHER-	
	_

\$2,100

TOTAL:

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:

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

NUTRITION RECOMMENDATIONS				
FOOD GROUP	FOOD GROUP # CHOOSE		LIMIT	
FRUITS	2	Whole Fruit	Fruit Juice	
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	

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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: \$3,573

HEALTH STATE: HIGH BLOOD PRESSURE,

HIGH CHOLESTEROL

You are 37 years old. You and your spouse have 3 children ages 2, 5, and 8. You work for \$12/hour and your spouse works for \$17/hour; your combined monthly income is \$3,573 after taxes. You rent a 3-bedroom townhome. Your 2-year-old is in daycare, and your other two children stay with family after school. You were recently diagnosed with high cholesterol and high blood pressure. You and your spouse have a high deductible health plan through the Affordable Care Act, & your children are enrolled in the State Children's Health Insurance Program (S-CHIP). You and your spouse share a car.

WALLET				
CASH	стс	EITC	SNAP	
\$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:



\$3,573 - \$3,500 = \$73People in Household: 5 **\$73** / 5 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

→ \$0.48 ←

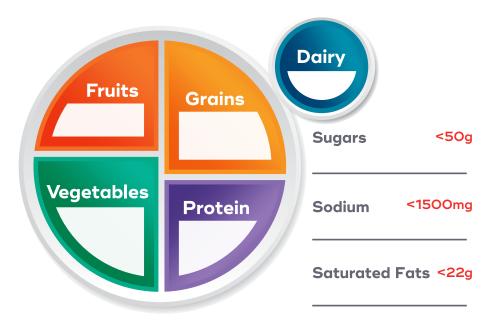
EXPENSES

LAPLINGE	.5
HOME-	\$1,600
UTILITIES-	\$200
MEDICAL-	\$550
TRANSPORTATION-	\$250
PHONE-	\$100
CHILDCARE-	\$800
OTHER-	
_	_

\$3.500

TOTAL:

NOTES	
	ADDITIONAL SSN INFO
	SPOUSE XXX-XX-6789
	CHILD XXX-XX-9876
	CHILD XXX-XX-8765
	CHILD XXX-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:

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

NUTRITION RECOMMENDATIONS				
FOOD GROUP # CHOOSE		LIMIT		
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	

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PHONE: 770-753-3029

ADDRESS: 69 High Rd. Atlanta, GA 30062

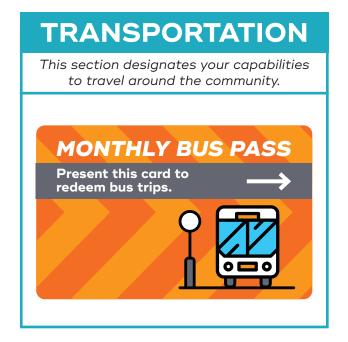
SOCIAL SECURITY #: XXX-XX-5678

PEOPLE IN HOUSEHOLD: 3 CHILDREN: (2) AGES 4 & 7 MONTHLY INCOME: \$1,320

HEALTH STATE: PRE-DIABETES

You are 28 years old and a single parent of two children ages 4 and 7. You work full-time for \$10/hour; your monthly income after taxes is \$1,320. You rent a two-bedroom apartment. Your youngest child attends a state-funded pre-K and your oldest stays with a neighbor after school. You don't have health insurance, but your children are on the State Children's Health Insurance Program (S-CHIP). Prediabetes was suspected at your last health check-up. You use public transportation.

WALLET				
CASH	стс	EITC	SNAP	
\$O.15				



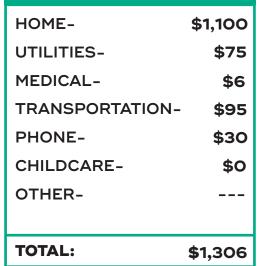
FINANCIAL GUIDE:



\$1,320 - \$1,306 = \$14People in Household: 3 **\$14** / 3 / 30 Days =

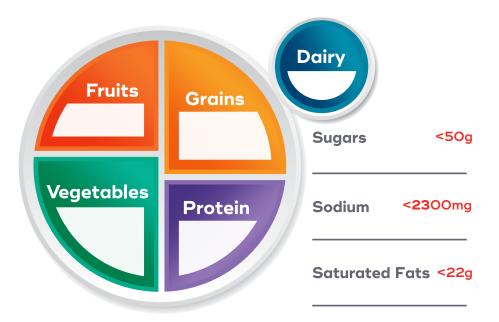
MONEY LEFT FOR FOOD PER PERSON, PER DAY:

→ \$0.15



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:

Eat lean proteins, whole grains, and fruits/vegetables with fiber. Limit added sugars and carbohydrates.

NUTRITION RECOMMENDATIONS				
FOOD GROUP # CHOOSE		LIMIT		
FRUITS	2	Whole Fruit	Fruit Juice	
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, So Hot Dogs		
DAIRY	2	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese	

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PHONE: 770-753-3029

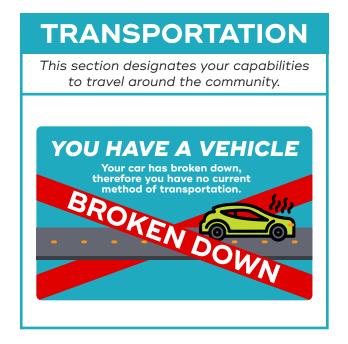
ADDRESS: 251 Mill St. Atlanta, GA 30317

SOCIAL SECURITY #: XXX-XX-3210

PEOPLE IN HOUSEHOLD: 4
CHILDREN: (2), AGES 1 & 3
MONTHLY INCOME: \$3,311
HEALTH STATE: PREGNANCY

You are 31 years old. You and your spouse have two small children ages 1 and 3, and you are expecting your third child. You rent a two-bedroom apartment. One of you works for \$12/hour and the other works for \$15/hour; your combined monthly income after taxes is \$3,311. Both children are in full-time daycare. One parent pays for private insurance coverage, the pregnant parent and youngest child are on Medicaid, and your 3-year-old is on the State Children's Health Insurance Program (S-CHIP).

WALLET				
CASH	стс	EITC	SNAP	
<i>\$0.43</i>				



FINANCIAL GUIDE:



\$3,311 - \$3,260 = \$51 People in Household: 4 \$51/ 4 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

→ \$0.43 ←

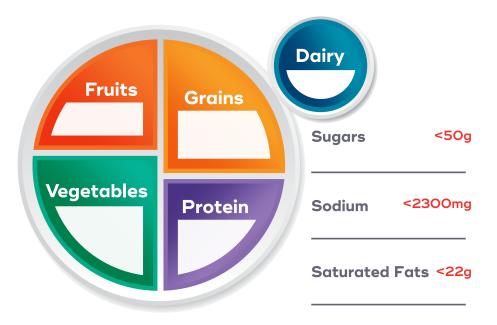
EXPENSES

HOME-	\$1,400
UTILITIES-	\$125
MEDICAL-	\$315
TRANSPORTATION-	\$390
PHONE-	\$30
CHILDCARE-	\$1,000
OTHER-	

\$3,260

TOTAL:

NOTES			
	ADDITION	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, shellfish, fish that are high in mercury, and eggs.

NUTRITION RECOMMENDATIONS				
FOOD GROUP	FOOD GROUP # CHOOSE		LIMIT	
FRUITS	2	Fresh or Frozen Fruits		
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, Eggs, Undercooked Meats	
DAIRY	3	Soy Milk	Milk, Yogurt, Soft Cheese, Unpasteurized Dairy	

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PHONE: 770-753-3029

ADDRESS: 77 Ridge Rd. Atlanta, GA 30316

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

IN HOUSEHOLD: 1 CHILDREN: N/A

MONTHLY INCOME: \$2,772

HEALTH STATE: EARLY STAGE KIDNEY

DISEASE, DIABETES, HIGH BLOOD PRESSURE

You are 58 years old, single, with no children. You earn \$21/hour and have a monthly income of \$2,772 after taxes. You rent a two-bedroom apartment. You have had significant challenges with diabetes and high blood pressure that have led to renal (kidney) problems. Your doctor has given you a strict diet, a new medication regimen, and has warned you that you are at risk of requiring dialysis. You use public transportation or rideshare when necessary.

WALLET			
CASH	стс	EITC	SNAP
\$1.73			

TRANSPORTATION
This section designates your capabilities to travel around the community.
ZE PER TOKEN.
ANS TOKEN. OZE PER TO

FINANCIAL GUIDE:



\$2,772 - \$2,765 = \$7 People in Household: 1 \$7 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

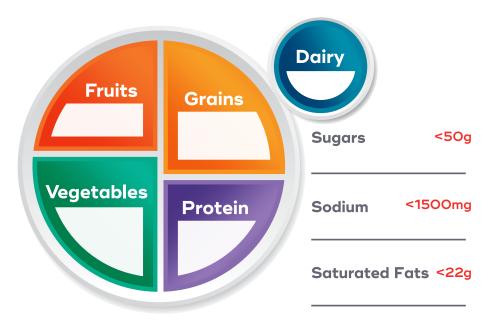
→ \$1.73

EXPENSES

HOME- \$1,750
UTILITIES- \$120
MEDICAL- \$700
TRANSPORTATION- \$50
PHONE- \$100
CHILDCARE- --OTHER- ---

TOTAL:	\$2,765

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:

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

NUTRITION RECOMMENDATIONS			
FOOD GROUP	#	CHOOSE	LIMIT
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

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PHONE: 770-245-7226

ADDRESS: 416 Emory Ln. Atlanta, GA 30187

SOCIAL SECURITY #: XXX-XX-3217

PEOPLE IN HOUSEHOLD: 1

CHILDREN: N/A

MONTHLY INCOME: \$1,316

HEALTH STATE: No current health condition.

You are a twenty-year-old full-time college student. You currently live in an off-campus apartment that you share with two roommates. You work part-time for \$15/hour, and your monthly income is \$1,316 after taxes. You receive a merit-based scholarship that pays the majority of your tuition. You use public transportation to commute to school and work.

WALLET			
CASH	стс	EITC	SNAP
\$1.17			

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

FINANCIAL GUIDE:



\$1,316 - \$1,281 = \$35 People in Household: 1 \$35 / 30 Days =

MONEY LEFT FOR FOOD PER PERSON, PER DAY:

 \rightarrow

\$1.17



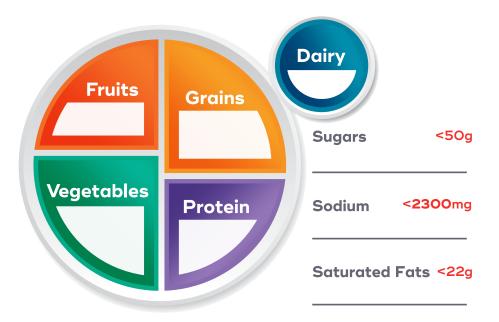
TOTAL:

EA	NS	

LAPLINGL	.
HOME-	\$556
UTILITIES-	\$60
MEDICAL-	\$ 0
TRANSPORTATION-	\$95
PHONE-	\$50
TUITION-	\$220
BOOKS/FEES-	\$300
_	

\$1,281

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:

MyPlate guidelines recommend making 1/2 your plate whole fruits and vegetables, and 1/2 your grains whole grains. Vary your proteins and choose low-fat dairy.

NUTRITION RECOMMENDATIONS			
FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit
VEGETABLES	3	Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn
GRAINS	6	Whole Grains like Whole Wheat Bread, Brown Rice, Oatmeal	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals
PROTEIN	6	Lean Meats And Skinless Chicken, Peanut Butter, Eggs, Beans, Lentils	Fatty Meats Like Bacon, Sausage And Hot Dogs
DAIRY	3	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese

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

BUS DRIVER BADGE

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BUS RECEIPT

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BUS RECEIPT COMMON

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FOOD PANTRY COORDINATOR

Your Packet Includes

Food Pantry Sign, "Closed" Sign, 16+ 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, 5 Broccoli, 5 Carrots, 5 Sweet Potatoes).

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).
- Due to capacity challenges, you focus your efforts on serving people living in your service area: zip codes 30307 and 30317.
 These neighbors can choose up to 4 food items that are best for their health state.
- For neighbors outside of your service area in **30205**, **30033**, **30031**, you can give them up to **1** food item that you choose (food items you have enough of but that might not be ideal for their health state). **You are not able to serve people in any other zip codes**, but you can provide them with a referral to the Community Kitchen.

- 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.
- The eligible zip codes have different pantry rules; some have access to a "Client Choice" pantry, while others do not.
- 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, Benefits Outreach Sign, "Closed" Sign, 16 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/Benefits Outreach signs 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 16 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/WIC Eligibility Sheets, 1 QR code sheet.

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.
- Refer to the WIC/SNAP Eligibility Sheet for each Community Member's eligibility and the amount of SNAP benefit they should receive. If eligible, write the listed benefit amount 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 stores.

- 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

16+ WIC applications, 16+ of Nutrition Education Sheets,2 WIC/SNAP eligibility sheets, 16+ eWIC Cards,1+ Sign-in Sheet, 1 QR Code 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.
- Any parent or guardian can apply for WIC for an infant or child under 5 years of age.
- 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 the completed form to 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 a community member up to review their application, use the eWIC Eligibility Sheet to determine eligibility for WIC program and, if eligible, both of you will sign the application.
- For the WIC program no social security number is required.
- Once application is signed, review the Nutrition Education sheet with the applicant.
- Once all paperwork is complete, give applicant 1 eWIC Card and explain that they can use this card to get food at Food Tiger or Corner Store.

- 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 eWIC Card and review nutrition information.

FOOD TIGER CASHIER

Your Packet Includes

Food Tiger sign, 16-20 of each Food Tiger Food Card, 2 Pens and 1-2 Calculators.

Instructions

- If not already done, post the Food Tiger sign and set up your table and chair(s).
- Unclip and display the food cards on your table. As much as possible, organize by food groups (dairy, vegetables, etc).
- 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.
- Community Members can use SNAP dollars for all food purchases.
- Community Members can purchase food with cash allotments from the wallet section of their profile sheet.
 They can also use an eWIC Card 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.
- Cashier needs to check off each purchased item on the eWIC Card.
- Some food items might be 2 or more different food groups (for example, Dairy and Protein). For the purposes of the eWIC Card, choose one food group per card.

- You are the Food Tiger Cashier.
- Food Tiger is a large and popular grocery chain in your area.
- 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 an eWIC Card.
- You must subtract their purchases from the appropriate column and make sure they get their food items.

CORNER STORE CASHIER

	TRNER STORE CASHIER
Your Packet Includes	Corner Store sign, 10 of each Corner Store Food Cards, 1 Pen and 1 Calculator
Instructions	 If not already done, post the Corner Store sign and set up your table and chair. Unclip and display the food cards on your table. As much as possible, organize by food groups (dairy, vegetables, etc). Community Member can use SNAP money for all food purchases except ready-to-eat foods. Community Members can purchase food with cash allotments from the wallet section of their profile sheet. They can also use an eWIC Card to purchase 1 vegetable, 1 fruit, 1 gain, 1 protein (meat, peanut butter, fish, beans and rice) and 1 dairy. It must say WIC on the food card. Cashier needs to check off each purchased item on the eWIC Card and give the Community Member their WIC foods.
Role Description	 You are the Corner Store Cashier. 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 an eWIC Card. You must subtract their purchases from the appropriate column and make sure they get their food items. This is your business, so if you want to allow someone to work for food, run a sale, etc., you can do so 1x during the simulation.

	VITA COORDINATOR					
Your Packet Includes	VITA Services Sign, 1 EITC/CTC Eligibility Sheet, 16+ EITC/ CTC Worksheets and 4 Pencils.					
Instructions	 If not already done, post VITA sign. Tell anyone visiting your site about what you do and how you can help them. 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. Have each Community Member complete the EITC/CTC Worksheet. Review the EITC/CTC Worksheet and verify that all information correctly matches their Community Member Profile. Refer to the Eligibility Sheet for each Community Member's eligibility and amount of benefits they should receive. If the Community Member is eligible, write the appropriate EITC and/or CTC credit in their wallet under the appropriate columns. Community Members can use credits to purchase bus tokens and to buy groceries. 					
Role Description	 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). You can offer VITA services to anyone visiting your mobile site. Community Members eligible for EITC and Child Tax Credit can use the credits to help purchase transportation and groceries. 					

Eligibility Sheet

Earned Income Tax Credit & Child Tax Credit

COMMUNITY MEMBER	EITC BENEFIT	CTC BENEFIT	EXPLANATION
1	Not Eligible	Not Eligible	No taxable income, No children
2	\$4.60	\$2.80	Income eligible, eligible children
3	\$5.20	\$3.30	Income eligible, eligible children
4	\$5.50	\$2.80	Income eligible, eligible children
5	\$5.20	\$4.16	Income eligible, eligible children
6	Not Eligible	Not Eligible	No taxable income
7	\$4.10	\$3.30	Income eligible, eligible children
8	Not Eligible	Not Eligible	No taxable income, No children
9	Not Eligible	Not Eligible	No taxable income
10	\$4.60	\$2.80	Income eligible, eligible children
11	\$5.50	\$2.80	Income eligible, eligible children
12	\$4.10	\$3.30	Income eligible, eligible children
13	\$6.10	\$3.70	Income eligible, eligible children
14	\$4.60	\$2.80 Income eligible eligible childre	
15	Not Eligible	Not Eligible Income over l'	
16	\$4.10	Not Eligible	Income eligible for EITC, No children

Eligibility Sheet

Supplemental Nutrition Assistance Program (SNAP)

COMMUNITY MEMBER	SNAP BENEFIT	EXPLANATION	
1	\$2.00 Income Eligibl		
2	Not Eligible Income over li		
3	\$3.00 Income Eligible		
4	\$2.00	Income Eligible	
5	\$2.00	Income Eligible	
6	\$6.00	Income Eligible	
7	Not Eligible	Income over limit	
8	Not Eligible	Income over limit	
9	\$6.00	Income Eligible	
10	Not Eligible	Income over limit	
11	Not Eligible	Income over limit	
12	Not Eligible	Income over limit	
13	\$3.00	Income Eligible	
14	Not Eligible	Income over limit	
15	Not Eligible	Income over limit	
16	Not Eligible	Income over limit	

Eligibility Sheet

Women, Infants, and Children Program (WIC)

COMMUNITY MEMBER	eWIC CARD ELIGIBLE	EXPLANATION	
1	NO	No Children	
2	NO	Children over age 4	
3	YES	Children Eligible	
4	YES	Children Eligible	
5	YES	Children Eligible	
6	YES	Children Eligible	
7	YES	Children Eligible	
8	NO	No Children	
9	NO	Children over age 4	
10	YES	Children Eligible	
11	NO	Children over age 4	
12	YES	Children Eligible	
13	YES	Children Eligible	
14	YES	Children Eligible	
15	NO	No Children	
16	NO	No Children	

Questions about your eligibility?

Visit the *Benefits.gov* website to see all eligibility guidelines for state and federal nutrition assistance programs:



Questions about your eligibility?

Visit the *Benefits.gov* website to see all eligibility guidelines for state and federal nutrition assistance programs:



Questions about your taxes and the EITC?

Visit the *IRS.gov* website to see all eligibility guidelines for the Earned Income Tax Credit:



Questions about your taxes and the EITC?

Visit the *IRS.gov* website to see all eligibility guidelines for the Earned Income Tax Credit:



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 Female Date of 8			Sirth / / SSN				
Phone #			Primary Language			# in household	
Are you married?	Are you pregnant?	Are you current employ	tly	y the U.S.		# of Children in household Ages of Children in household	
	_				Ages of Chil		
☐ Yes	☐ Yes	☐ Ye	es Yes				
☐ No	☐ No	☐ No)	☐ No	Hourly Wag	Hourly Wage (if provided)	
Monthly Proof of Bus Token Bus Pas					s Transport	ation Card	
Is anyone in your household fleeing to avoid prosecution, custody, or confinement after conviction, under the law? Yes No If yes, who?							
Is anyone in your household in violation of his/her parole/probation? Yes No If yes, who?							
Has anyone in your household fraudulently misrepresented his/her identity or residence to receive any benefits? Yes No If yes, who?							
Has anyone in your household been found guilty of a felony related to a controlled substance (drugs)? Yes No If yes, who?							
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			

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 and unemployment not applicable)						
Are you single?	Are you married?	d? ☐ Yes ☐ No				
Do you (and spouse) have a valid Social Security No that allow you to work in the U.S.?	umbe	ber (SSN)				
If yes, please list SSN's for you and your spouse		 				
Was all of your income earned in the U.S.?	spouse) have an income from ss, mutual funds) of less than					
☐ 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?		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						

Food Pantry Application

		/		
Name (Last)		(First)		(Middle Initial)
Address (Street)		(City)	(State)	(Zip)
Date of Birth / /	SS	N	# in hous	sehold
Phone #		# of Children in household	1	
Monthly Household Income		Ages of Children in househo	old	
Do you receive any federal assistance, sucl	h as	S SNAP or WIC?	′es 🗌 No	
Signature			Date	
Food Par	11	try App	lico	ation
Name (Last)		(First)		(Middle Initial)
Address (Street)		(City)	(State)	(Zip)
Date of Birth / /	SS	N	# in hous	sehold
Phone #		# of Children in household	•	
Monthly Household Income		Ages of Children in househo	old	
Do you receive any federal assistance, sucl	h as	S SNAP or WIC?	′es 🗌 No	
Signature			Date	
Food Par	nt	try App	lico	ation
Name (Last)		(First)		(Middle Initial)
Address (Street)		(City)	(State)	(Zip)
Date of Birth / /	SS	N	# in hous	sehold
Phone #		# of Children in household		
Monthly Household Income		Ages of Children in househo	old	
Do you receive any federal assistance, sucl	h as	S SNAP or WIC?	es No	

Date

Signature

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)				(First)		(Middle Initial)
Address (Stre	eet)			(City)	(State)	(Zip)
Gender:	Male Fe	male I	Date of E	Birth / /		
Phone #				Primary Language		
Are you pregnant?	Are you cu employed?	rrently	Monthly	y Income:	Number in	Household:
Yes No	Yes No				Hourly Wag	ge (if provided)
Proof of Transportation	Bus Token		Bus Pass	Transportation Card	Other	
Family/Hou	ısehold Mer	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 / Appro	oved Foo	ds Revie	wed? 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

Complete your WIC nutrition education requirement and learn about healthy eating.

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 LIST

FRUITS & VEGETABLES

No variety of fresh, canned, or frozen vegetable or mixture containing seasonings, fats, or oils • No creamed, sauced, or breaded vegetables • No juice • No herbs or spices • No edible blossoms/flowers • No dried fruit or vegetable, fruit leathers or roll-ups • No catsup, or other condiments • No soups • No pickled vegetables or olives • No vegetable-grain mixtures such as rice, noodles, or pasta • No fruit baskets, party trays, or purchases from salad bars • No fruits with added sugar, syrups, or with artificial sweeteners



JUICE

 No organic or sugar added • No V-8 Splash, vegetable juice, or pineapple juice • No infant juice or sports drink



PROTEIN

 No organic • No albacore • No oil packed • No added flavors • No pouches or individual serving containers • No fresh or frozen



DAIRY

No organic or flavored milk • No buttermilk, rice milk, a2 milk, nutmilks, almond milk, cashew milk, hazelnut milk, coconut milk, pea protein plant milk, flax milk, or oatmilk • No raw milk (non-pasteurized) • No dried whole milk (Nido)
 No evaporated filled milk • No 2% milk



GRAINS

Whole grains include 100% whole wheat bread and sandwich buns/rolls, whole grain tortillas, brown rice, and whole wheat pasta • No hot dog rolls/buns • No organic • No added sugars, fats, oils, or salt • No white or flavored rice



LEGUMES

No organic • No added sugar, fat, oil, or meat
No soups or baked beans • No immature
varieties of legume such as green peas or snap
beans/green beans • No flavored beans or peas







INFANT FOODS

• No organic • No meat and vegetable, or meat and pasta mixtures • No diced or pouches • No dessert • No sweet potato casserole • No added fruit, formula, or DHA/ARA • No baby cereal in jars

MAP

To move from the neighborhood to the community, the Community Member must have a Bus Token, Monthly Bus Pass, or Vehicle Card. Community Members with a Vehicle 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















Bus Stop

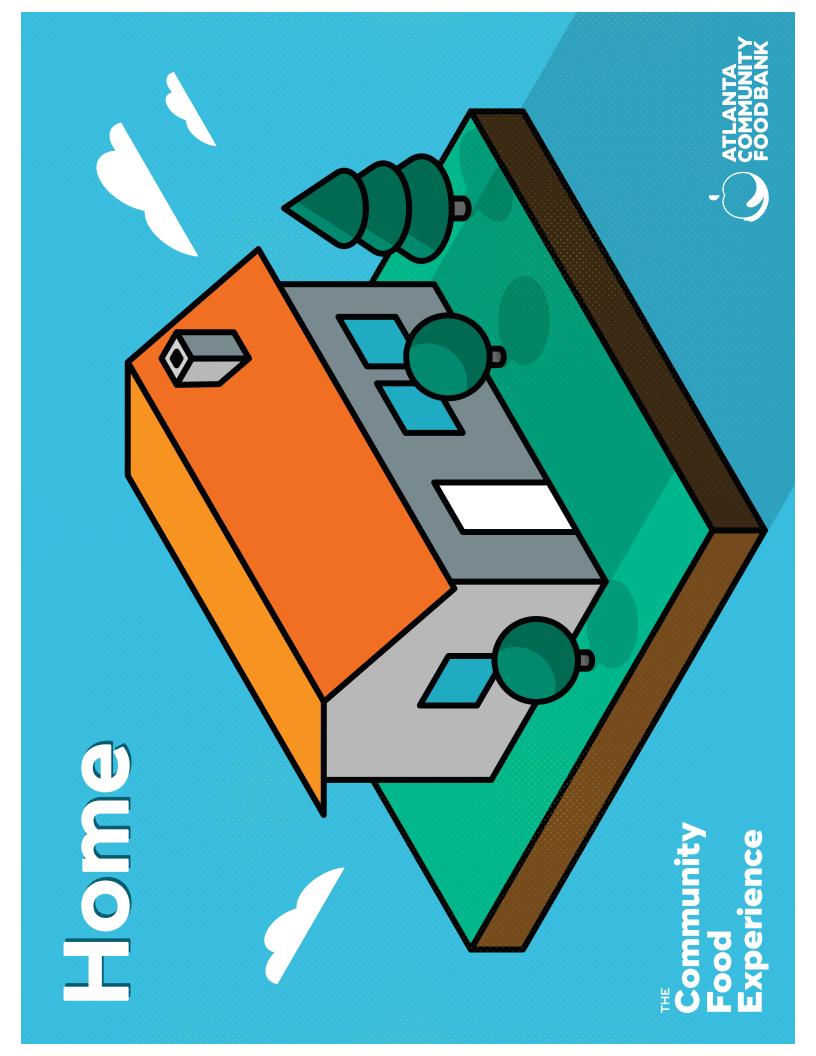




Bus Stop





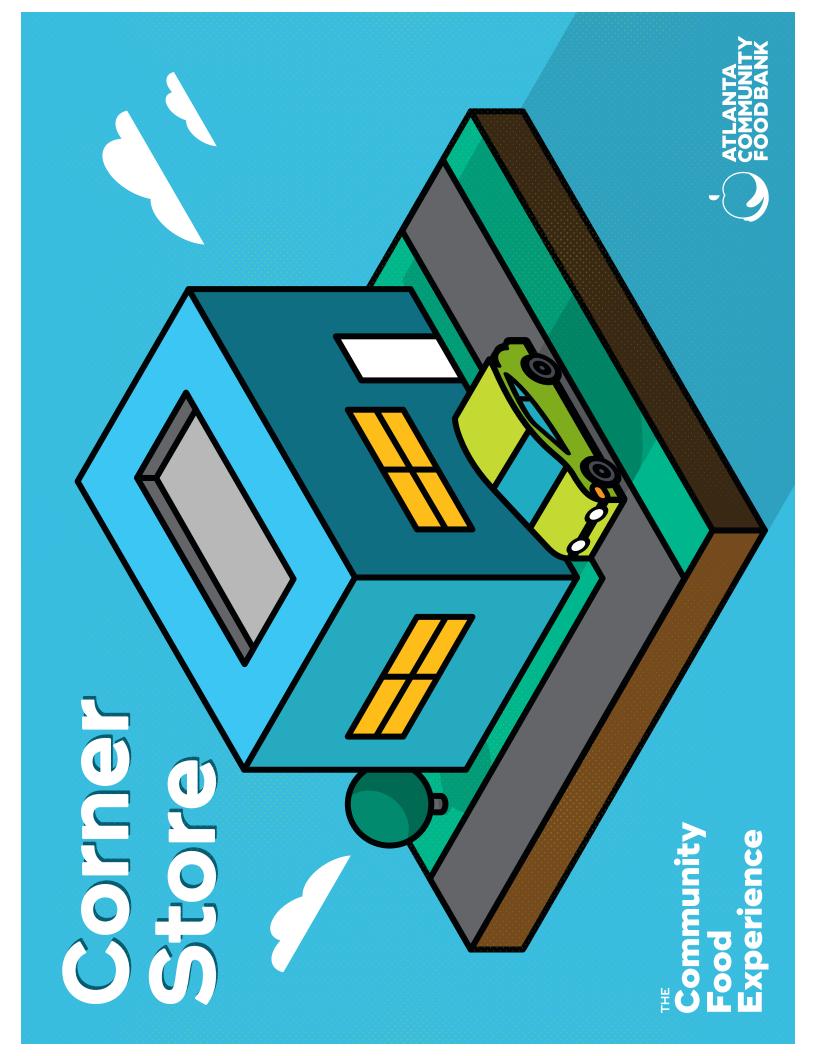




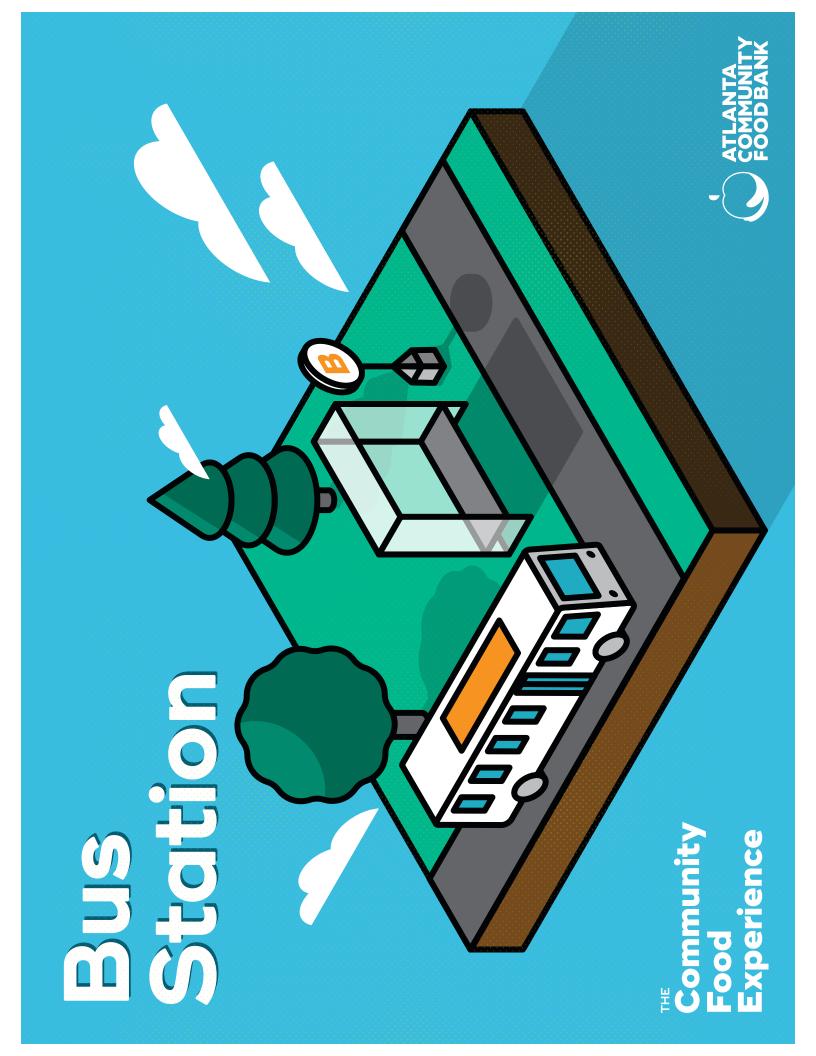


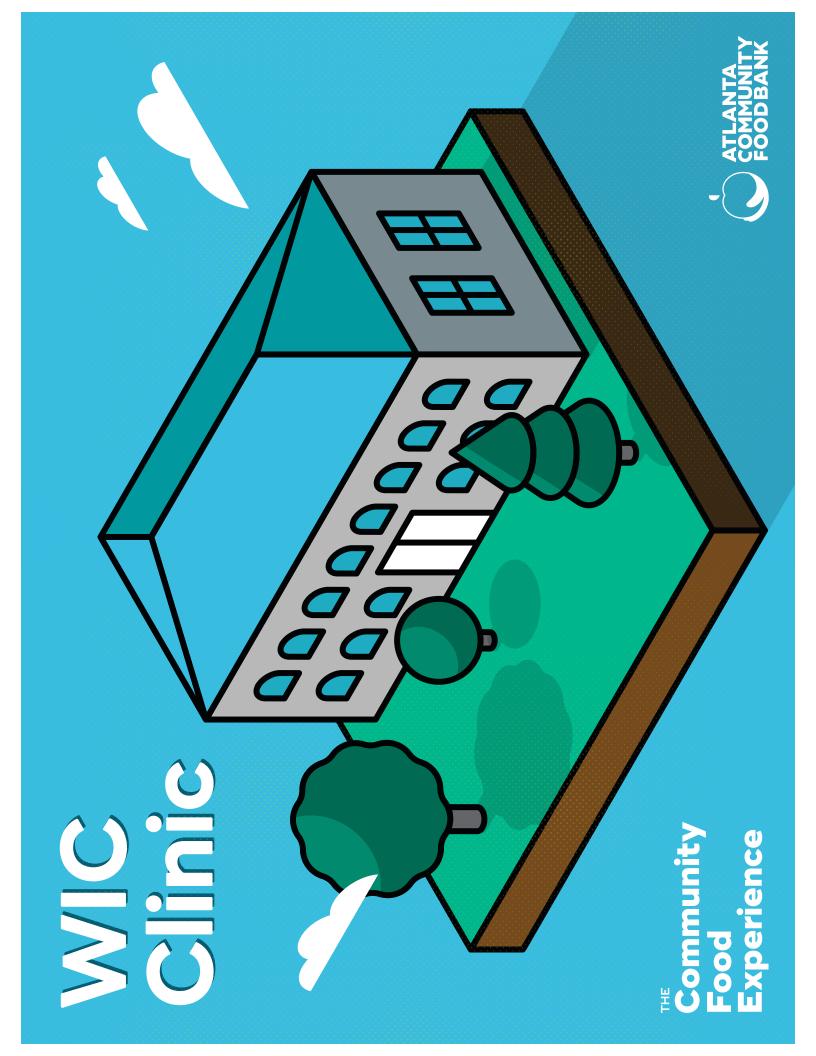




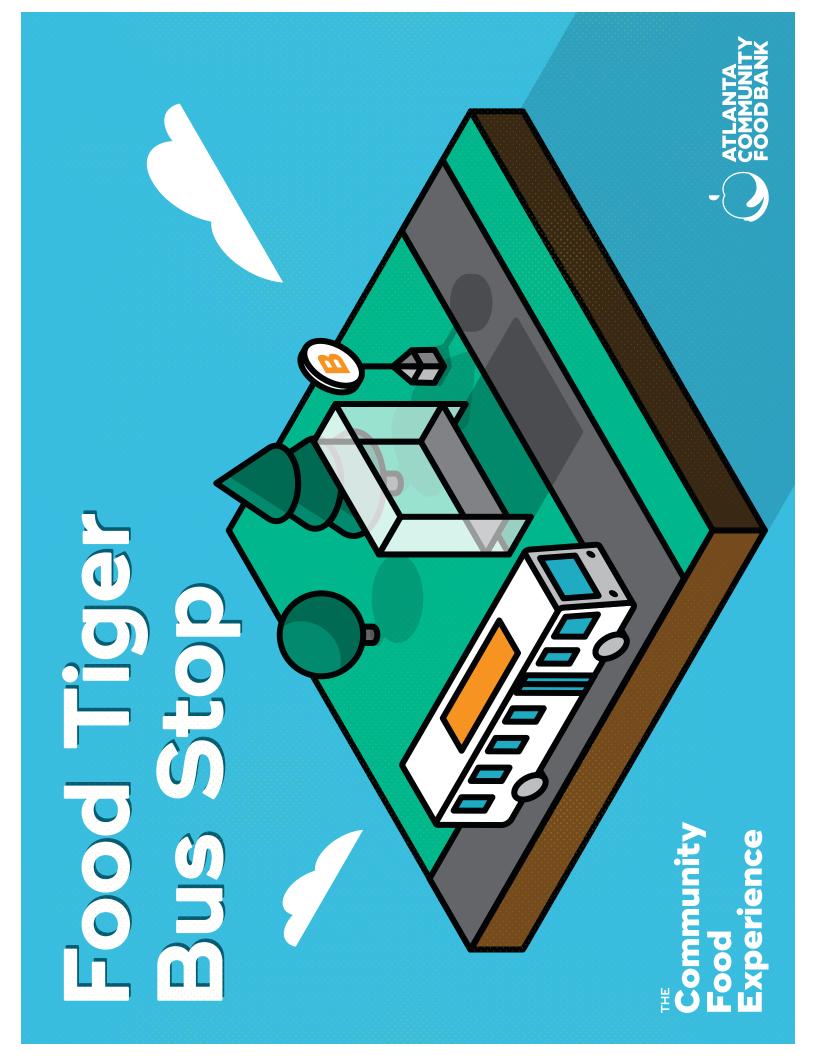
















Food Cards



Food card icon credit- *Designed by Freepik from www.flaticon.com*



FRIED CHICKEN

259	15g	49	86mg	265mg	89	0.5g	Og	21g
 Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



FRIED CHICKEN

	259	15g	49	86mg	265mg	89	O.5g	Og	21g
\$ 1.62	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



FRIED CHICKEN

		259	15g	49	86mg	265mg	89	0.5g	Og	21g
Food Tiger	\$1.62	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



FRIED CHICKEN

	259	15g	49	86mg	265mg	89	0.5g	Og	219
Food Tiger \$1.62	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

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3 PROTEIN, 5 FAT

3 PROTEIN, 5 FAT

3 PROTEIN, 5 FAT



FRIED CHICKEN

Food Tiger

\$1.62	lories 259	tal Fat 15g	Saturated Fat 4g	Cholesterol 86mg	dium 265mg	Total Carbohydrate 8g	oer 0.5g	gars	otein 21g
	Calories	Total Fat	Saturat	Cholest	Sodium	Total C	Fiber	Sugars	Protein

3 PROTEIN, 5 FAT



FRIED CHICKEN

Food Tiger

10:4	
Calories	259
Total Fat	15g
Saturated Fat	49
Cholesterol	86mg
Sodium	265mg
Total Carbohydrate	89
Fiber	0.59
Sugars	Og
Protein	219



\$ 1.62	
Calories	259
Total Fat	15g
Saturated Fat	49
Cholesterol	86mg
Sodium	265mg
Total Carbohydrate	89
Fiber	0.5g
Sugars	Og
Protein	219

3 PROTEIN, 5 FAT

3 PROTEIN, 5 FAT

Protein Sugars Fiber





FRIED CHICKEN

Food Tiger

¥ 1.62	
Calories	259
Total Fat	15g
Saturated Fat	49
Cholesterol	86mg
Sodium	265mg
Total Carbohydrate	89
Fiber	0.5g
Sugars	Og
Protein	21g

0.5g Og 3 PROTEIN, 5 FAT



SALMON

Food Tiger

\$3.75	Calories 155	Total Fat 7g	Saturated Fat 1g	Cholesterol 60mg	Sodium 48mg	Total Carbohydrate Og	iber	Sugars	Protein 22g
	Calc	Toto	Sati	Cho	Sod	Toto	Fiber	Sug	Prot



SALMON

Food Tiger

	155	79	19	60mg	48mg	Og	Og	Og	22g
\$3.75	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



SALMON

	155	7g	1g	60mg	48mg	Og	Og	Og	22g
\$3.75	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



3 PROTEIN, 1 FAT

3 PROTEIN, 1 FAT

3 PROTEIN, 1 FAT

3 PROTEIN, 1 FAT



SALMON Food Tiger

46.70	
Calories	155
Total Fat	7g
Saturated Fat	1g
Cholesterol	60mg
Sodium	48mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	22g

3 PROTEIN, 1 FAT



SALMON

- Food Tiger

\$3.75	
Calories	155
Total Fat	79
Saturated Fat	Jg
Cholesterol	60mg
Sodium	48mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	22g

3 PROTEIN, 1 FAT

3 PROTEIN, 1 FAT



SALMON

Food Tiger

44.75	
Calories	155
Total Fat	79
Saturated Fat	19
Cholesterol	60mg
Sodium	48mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	22g

3 PROTEIN, 1 FAT





MAC & CHEESE

		204	9g	3.5g	14mg	397mg	24g	1.5g	2g	89
: (;;; F 7 () L	\$0.35	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



MAC & CHEESE

	204	9g	3.5g	14mg	397mg	24g	1.5g	2g	89
\$0.35	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



MAC & CHEESE

Food Tiger

MAC & CHEESE

Food Tiger \$0.35

#O.35	
Calories	204
Total Fat	9 0
Saturated Fat	3.5g
Cholesterol	14mg
Sodium	397mg
Total Carbohydrate	249
Fiber	1.5g
Sugars	29
Protein	89

397mg 24g 1.5g

Total Carbohydrate

Sugars Protein

Fiber

Sodium

3.5g 14mg

Saturated Fat Cholesterol

Total Fat Calories



MAC & CHEESE

		204	9g	3.5g	14mg	397mg	249	1.5g	2g	0
Food Tiger	\$0.35	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	

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

MAC & CHEESE

Food Tiger \$0.35

Food Tiger

	204	9 6	3.5g	14mg	397mg	24g	1.5g	2g	89
\$0.35	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

14mg

24g 397mg

Total Carbohydrate

Sodium

3.5g

Saturated Fat Cholesterol

Total Fat

204

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY

Protein Sugars



MAC & CHEESE

\$0.35	
Calories	204
Total Fat	9g
Saturated Fat	3.59
Cholesterol	14mg
Sodium	397mg
Total Carbohydrate	249
Fiber	1.5g
Sugars	2g
Protein	89

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY



WIC

BANANA

	105	0.5g	Og	Omg	1mg	27g	3g	14g	1 _g
Food Tiger \$0.28	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



WIC

1		105	0.5g	Og	Omg	1mg	27g	39	14g	1g
DANAG	\$0.28	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein







WIC

BANANA

Food Tiger

BANANA

Food Tiger | \$0.28

	105	0.5g	Og	Omg	1mg	27g	3g	14g	1 _g
\$0.28	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

Total Carbohydrate

Og Omg 1mg 27g 39 14g

Saturated Fat

Total Fat Calories

Cholesterol

Sodium

2 FRUIT

2 FRUIT

2 FRUIT

2 FRUIT

Protein

Sugars

Fiber





WIC

WIC



WIC





Og Omg 1mg 27g 14g 3g Food Tiger \$0.28 **Total Carbohydrate** Saturated Fat Cholesterol Total Fat Calories Sodium Sugars Fiber

2 FRUIT

2 FRUIT

2 FRUIT

Protein Sugars

Protein

Sugars Fiber

14g



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BANANA

BANANA

Food Tiger

\$0.28

· Food Tiger \$0.28

Food Tiger

90.VO	
Calories	105
Total Fat	0.5g
Saturated Fat	Og
Cholesterol	Omg
Sodium	1mg
Total Carbohydrate	279
Fiber	39
Sugars	14g
Protein	19

Og Omg 1mg 27g 3g 14g

Saturated Fat Cholesterol

Og Omg 1mg 27g

Saturated Fat Cholesterol

Total Fat

0.5g

Total Fat Calories

Total Carbohydrate

Total Carbohydrate

Sodium

Sodium

2 FRUIT Protein



TOMATO

	22	Og	Og	Omg	6mg	5 g	1.5g	3g	1g
Food Tiger	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



WIC

TOMATO

		22	Og	Og	Omg	6mg	5g	1.5g	39	1g
;; (;; ; L	\$0.99	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

,	4)

WIC

WIC **TOMATO**

Food Tiger

	22	Og	Og	Omg	6mg	5g	1.5g	39	1g
\$0.09	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

TOMATO Food Tiger Total Carbohydrate Saturated Fat Cholesterol **Total Fat** Calories Sodium Sugars Fiber

Og Omg 6mg 5g 1.5g

	VEGETABLE
ı	~
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1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

Protein

39



WIC

NIC



WIC





		22	Og	Og	Omg	6mg	5g
; (; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ;	\$0.99	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate

1 VEGETABLE Protein

1.5g

3g

Sugars Fiber

1 VEGETABLE

1 VEGETABLE

Protein Sugars

Protein

Sugars Fiber

1.5g 3g 1g

Total Carbohydrate

Total Carbohydrate

Sodium

Sodium

0
Σ
0

TOMATO

TOMATO

Food Tiger

\$0.99

Food Tiger

\$0.99

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

Og Omg 6mg

Saturated Fat Cholesterol

Total Fat Calories

22 0g Og Omg 6mg 5g 1.5g

> Saturated Fat Cholesterol

Total Fat

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	22	Og	Og	Omg	6mg	5 g	1.5g	39
96.0			t.			ydrate		



BOLOGNA

	88	89	4	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	49	18mg	330mg	1g	Og	Og	39
Food Tiger	\$0.13	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



BOLOGNA

Food Tiger

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



BOLOGNA

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



1 FAT

1 FAT

1 FAT



BOLOGNA

<u>.</u>	88	8g	49	18mg	330mg	1g	Og	Og	39
Food Tiger \$0.13	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



BOLOGNA

- TOOL	
\$0.13	
Calories	88
Total Fat	89
Saturated Fat	4
Cholesterol	18mg
Sodium	330mg
Total Carbohydrate	1g
Fiber	Og
Sugars	Og
Protein	39



BOLOGNA

\$0.13	
Calories	88
Total Fat	89
Saturated Fat	49
Cholesterol	18mg
Sodium	330mg
Total Carbohydrate	1g
Fiber	Og
Sugars	Og
Protein	3g



BOLOGNA

	88	89	49	18mg	330mg	1g	Og	Og	9d
Food Tiger \$0.13	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 FAT

1 FAT

1 FAT

1 FAT



APPLE

آ - -	95	O.5g	Og	Omg	2mg	te 25g	4.5g	19g	Og
Food Tiger \$0.42	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein





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M N			92	0.5g	Og	Omg	2mg	25g	4.5 g	19g	Og
>	APPLE	Food Tiger \$0.42	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



APPLE

	92	0.5g	Og	Omg	2mg	25g	4.5g	19g	Og
Food Tiger \$0.42	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein





2 FRUIT

2 FRUIT

2 FRUIT







WIC





APPLE

Food Tiger \$0.42

		92	0.5g	Og	Omg	2mg	25g	4.5g	19g	Og
TOOL LOOK	\$0.42	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

Og Omg

Saturated Fat Cholesterol

Total Fat Calories

4.5g 19g

2mg 25g

Total Carbohydrate

Sodium

2 FRUIT

2 FRUIT

2 FRUIT

Protein Sugars Fiber

0.5g Og Omg 2mg 25g 4.5g 19g 0g APPLE **Food Tiger** \$0.42 Total Carbohydrate Saturated Fat Cholesterol **Total Fat** Calories Sodium Protein Sugars Fiber



8	4		

WIC

\$0.42	
Calories	92
Total Fat	0.5g
Saturated Fat	Og
Cholesterol	Omg
Sodium	2mg
Total Carbohydrate	25g
Fiber	4.5g
Sugars	19g
Protein	Og

		92	0.5g	Og	Omg	2mg	25g	4.5g	19g	Og
FRESH APPLE	Food Tiger \$0.42	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

diolines.	0		
otal Fat	0.5g		
aturated Fat	Og		
holesterol	Omg		
odium	2mg		
otal Carbohydrate	25g		
ber	4.5g		
ugars	19g		
rotein	Og		
2 FRUIT			



CANDY BAR

- Food Tiger -

\$0.61	lories 232	Total Fat 14g	Saturated Fat 5g	Cholesterol 3mg	dium 161mg	Total Carbohydrate 25g	per 2g	gars 21g	otein 4g
	Calories	Total F	Saturo	Choles	Sodium	Total (Fiber	Sugars	Protein



CANDY BAR

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



CANDY BAR

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



CANDY BAR -- Food Tiger \$0.61

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



3 FAT

3 FAT

3 FAT



CANDY BAR

	232	14g	59	3mg	161mg	25g	2g	21g	49
Food Tiger \$0.61	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



CANDY BAR



CANDY BAR

- Food Tiger	ies 232	Fat 14g	Saturated Fat 5g	esterol 3mg	um 161mg	Total Carbohydrate 25g	. 29	rs 21g	ein 4g
Ī	Calories	Total Fat	Saturate	Cholesterol	Sodium	Total Ca	Fiber	Sugars	Protein



CANDY BAR

Food Tiger

Calories 2 Total Fat 1 Saturated Fat 3 Cholesterol 3 Sodium 161 Total Carbohydrate 2 Fiber 5	\$0.61
16 drate	es 232
drate 16	at 14g
erol 16 arbohydrate	ited Fat 5g
16 arbohydrate	sterol 3mg
arbohydrate	n 161mg
	Sarbohydrate 25g
	2g
	s 21g
Protein	49

3 FAT

3 FAT

3 FAT

3 FAT



GROUND BEEF

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



GROUND BEEF

Food Tiger -

\$1.06	
Calories	196
Total Fat	10g
Saturated Fat	49
Cholesterol	76mg
Sodium	74mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	24g



GROUND BEEF

GROUND BEEF

Food Tiger

\$1.06

10g 44g 76mg 74mg 0g

> Saturated Fat Cholesterol

Total Fat

Calories

Food Tiger — \$1.06

));	
Calories	196
Total Fat	10g
Saturated Fat	49
Cholesterol	76mg
Sodium	74mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	24g

Total Carbohydrate

Sodium



3 PROTEIN, 2 FAT

3 PROTEIN, 2 FAT

3 PROTEIN, 2 FAT

Fiber Sugars Protein



GROUND BEEF

GROUND BEEF

Food Tiger

\$1.06

- Food Tiger

\$1.06	
Calories	196
Total Fat	10g
Saturated Fat	49
Cholesterol	76mg
Sodium	74mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	24g

Total Carbohydrate

Sodium

10g 4g 76mg 74mg 0g

> Saturated Fat Cholesterol

Calories Total Fat

3 PROTEIN, 2 FAT

3 PROTEIN, 2 FAT

Sugars Protein



GROUND BEEF

Food Tiger

	196	10g	49	76mg	74mg	Og	Og	Og	249
\$1.06	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

3 PROTEIN, 2 FAT



GROUND BEEF

- Food Tiger

\$1.06	
Calories	196
Total Fat	10g
Saturated Fat	49
Cholesterol	76mg
Sodium	74mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	240

3 PROTEIN, 2 FAT



COOKIES

	167	7g	2g	Omg	140mg	26g	19	15g	2g
Food Tiger \$0.15	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 GRAIN, 1 FAT



COOKIES

	167	79	2g	Omg	140mg	26g	Jg	15g	29
—— Food Tiger \$0.15	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 GRAIN, 1 FAT



COOKIES

	167	79	2g	Omg	140mg	26g	19	15g	2g
Food Tiger \$0.15	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 GRAIN, 1 FAT



- Food Tiger - **\$0.15**

COOKIES

/9	7g	2g	Omg	140mg	26g	Jg	15g	2g	
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

1 GRAIN, 1 FAT



COOKIES

COOKIES

Food Tiger

\$0.15

Food Tiger

\$0.15	
Calories	167
Total Fat	7g
Saturated Fat	2g
Cholesterol	Omg
Sodium	140mg
Total Carbohydrate	26g
Fiber	1g
Sugars	15g
Protein	29

140mg

26g

Total Carbohydrate

Sodium

7g 2g Omg

> Saturated Fat Cholesterol

Total Fat

1 GRAIN, 1 FAT

1 GRAIN, 1 FAT

Sugars Protein



COOKIES

Food Tiger

1 GRAIN, 1 FAT



COOKIES

	167	7g	2g	Omg	140mg	26g	19	15g	2g
\$0.15	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 GRAIN, 1 FAT



SODA

	152	Og	Og	Omg	15mg	40g	Og	40g	Og
Food Tiger \$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	Total Carbohydrate	Fiber	Sugars	Protein



Food Tiger SODA

П	132	Og	Og	Omg	15mg	40g	Og	40g	Og
	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	Total Carbohydrate	Fiber	Sugars	Protein



1 EXTRA

1 EXTRA

1 EXTRA



SODA

00.04	
Calories	152
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	15mg
Total Carbohydrate	40g
Fiber	Og
Sugars	40g
Protein	Og

15mg

Total Carbohydrate

Sodium

0mg 15mg 40g 0g

Total Carbohydrate

Sodium

409 909 909

Omg

152 0g 0g

Saturated Fat Cholesterol

0 0 0

Saturated Fat Cholesterol

Total Fat Calories

Total Fat Calories

Food Tiger\$0.39

Food Tiger - **\$0.39**

SODA

SODA



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Food \$0		
L -	es	

diories	20
otal Fat	Og
saturated Fat	Og
Sholesterol	Omg
sodium	15mg
otal Carbohydrate	40g
iber	Og
Sugars	40g
Protein	0



1 EXTRA

Protein Sugars Fiber

40g 0g

Protein Sugars Fiber

1 EXTRA



SODA

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

1 EXTRA



JELLY

	26	Og	Og	Omg	6mg	14g	Og	10g	Og
Food Tiger \$0.15	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



JELLY

	56	Og	Og	Omg	6mg	14g	Og	10g	Og
Food Tiger \$0.15	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



JELLY

	26	Og	Og	Omg	6mg	14g	Og	10g	Og
Food Tiger \$0.15	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



JELLY

		26	Og	Og	Omg	6mg	14g	Og	10g	Og
Food Tiger	\$0.15	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 EXTRA

1 EXTRA

1 EXTRA

1 EXTRA



JELLY

	26	Og	Og	Omg	6mg	14g	Og	10g	Og
 \$0.15	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



Food Tiger \$0.15

Food Tiger

\$0.15

JELLY

JELLY

0.00	
Calories	26
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
Total Carbohydrate	14g
Fiber	Og
Sugars	10g
Protein	Og

Cholesterol Sodium Total Carbohydrate

Total Carbohydrate

Sodium

Saturated Fat Cholesterol

Total Fat

Saturated Fat Total Fat



		26	Og	Og	Omg	6mg	14g	Og	10g	Og	
JELLY	Food Tiger \$0.15	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	



1 EXTRA

1 EXTRA

Protein Sugars

Protein Sugars Fiber







PEANUT BUTTER

		190	16g	2.59	Omg	117mg	69	2g	3.5g	89
Food Time	\$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein





WIC



PEANU

	190	16g	2.5g	Omg	117mg	6g	2g	3.5g	89
\$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

TTER		190	16g	2.5g	Omg	117mg	6 9
NUT BU	Food Tiger \$0.25	S	at	ted Fat	terol		arbohydrate





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WIC

PEANUT BUTTER

PEANUT BUTTER

Food Tiger

	190	16g	2.5g	Omg	117mg	6 g	2g	3.5g	89
\$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

117mg **6**g **2**g 3.5g 8g

Total Carbohydrate

Sodium

16g 2.5g Omg

> Saturated Fat Cholesterol

\$0.25

Calories

Food Tiger

1 PROTEIN, 3 FAT

1 PROTEIN, 3 FAT

1 PROTEIN, 3 FAT

1 PROTEIN, 3 FAT

Protein Sugars Fiber





	190	16g	2.5g	Omg	117mg	6g	2g	G T
\$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Siggre

Saturated Fat

Total Fat Calories

Cholesterol

Sodium

PEANUT BUTTER

PEANUT BUTTER

Food Tiger \$0.25 190 16g 2.5g Omg 117mg

40.KU	
Calories	190
Total Fat	16g
Saturated Fat	2.5g
Cholesterol	Omg
Sodium	117mg
Total Carbohydrate	6g
Fiber	2g
Sugars	3.5g
Protein	89

1 PROTEIN, 3 FAT







WIC

PEANUT BUTTER

	190	16g	2.59	Omg	117mg	6g	29	3.5g	8g
Food Tiger	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 PROTEIN, 3 FAT

3.5g 8g

Protein Sugars Fiber

Total Carbohydrate

1 PROTEIN, 3 FAT



WIC

Food Tiger

PEANUT BUTTER

4C.V3	
Calories	190
Total Fat	16g
Saturated Fat	2.5g
Cholesterol	Omg
Sodium	117mg
Total Carbohydrate	6g
Fiber	2g
Sugars	3.5g
Protein	89

1 PROTEIN, 3 FAT



WIC

CEREAL

Food Tiger

CEREAL

Food Tiger \$0.25

\$0.25 Calories	155
Total Fat Saturated Fat	1g 0
Cholesterol	Omg
	197mg
Total Carbohydrate	37g
Fiber	1g
Sugars	15g
Protein	2g

2 GRAIN

















WIC

WIC

CEREAL

CEREAL

Food Tiger \$0.25

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D V	w	Fat
	ries	Ĕ

Calories	155
Total Fat	19
Saturated Fat	Og
Cholesterol	Omg
Sodium	197mg
Total Carbohydrate	37g
Fiber	1g
Sugars	15g
Protein	2g

197mg

37g

Total Carbohydrate

15g

Og Omg

Saturated Fat

Total Fat

Calories

Cholesterol

Sodium

Og Omg

Saturated Fat Cholesterol Sodium 37g 1₉ 15g

Total Carbohydrate

Fiber Sugars

197mg

RAIN	
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2 GRAIN

2 GRAIN

Protein Sugars Fiber

Protein





WIC

WIC



WIC





	r L
Calories	355
Total Fat	1 _g
Saturated Fat	Og
Cholesterol	Omg
Sodium	197mg
Total Carbohydrate	37g
Fiber	1g
Sugars	15g
Protein	2g

2 GRAIN

2 GRAIN

2 GRAIN

2 GRAIN

Protein Sugars



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Tiger	25
Food	9
7	

Calories	155
Total Fat	1 _g
Saturated Fat	Og
Cholesterol	Omg
Sodium	197mg
Total Carbohydrate	37g
Fiber	1g
Sugars	15g
Protein	2g

197mg

Total Carbohydrate

Sugars Protein

15g 19

Fiber

Sodium

197mg

37g

Total Carbohydrate

Sodium

Og Omg

Saturated Fat Cholesterol

Og Omg

Saturated Fat Cholesterol

Total Fat

Total Fat

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CEREAL

CEREAL

Food Tiger

\$0.25

- Food Tiger \$0.25

\$0.25	
lories	155
al Fat	1g
turated Fat	Og
olesterol	Omg
dium	197mg
al Carbohydrate	37g
er	1g
gars	15g



SAUSAGE

\$0.66	28
al Fat	'n
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)	
Calories	286
Total Fat	23g
Saturated Fat	89
Cholesterol	47mg
Sodium	1002mg
Total Carbohydrate	3.59
Fiber	Og
Sugars	1g
Protein	16g



SAUSAGE

	286	239	89	47mg	1002mg	3.59	Og	1g	16g
 \$0.66	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium 1	Total Carbohydrate	Fiber	Sugars	Protein

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2 PROTEIN, 4 FAT

2 PROTEIN, 4 FAT



SAUSAGE

- Food Tiger - \$0.66

286	ıt 23g	ed Fat 8g	erol 47mg	1002mg	Total Carbohydrate 3.5g	Og	19	169
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Car	Fiber	Sugars	Protein



SAUSAGE

	286	239	89	47mg	1002mg	3.59	Og	19	16g
Food Tiger \$0.66	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium 1	Total Carbohydrate	Fiber	Sugars	Protein

FAT	
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SAUSAGE

SAUSAGE

Food Tiger - \$0.66

ger	tO
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Calories	286
Total Fat	239
Saturated Fat	89
Cholesterol	47mg
Sodium	1002mg
Total Carbohydrate	3.59
Fiber	Og
Sugars	1g
Protein	16g

47mg

Saturated Fat Cholesterol

3.5g 1002mg

Total Carbohydrate

Sodium

286 23g 89

Calories Total Fat

2 PROTEIN, 4 FAT

2 PROTEIN, 4 FAT

Protein Sugars



SAUSAGE

ı	
Tiger	99
<u>00</u>	0

Calories	286
Total Fat	239
Saturated Fat	89
Cholesterol	47mg
Sodium	1002mg
Total Carbohydrate	3.59
Fiber	Og
Sugars	1
Protein	16g

2 PROTEIN, 4 FAT



SAUSAGE

Food Tiger	\$0.66
Τ	

Calories 286 Total Fat 239 Saturated Fat 89 Cholesterol 47mg Sodium 1002mg Total Carbohydrate 3.59 Fiber 09 Sugars 19 Protein 169)) ,) }	
fat ated Fat sterol 4 m 100) Carbohydrate 5:	Calories	286
ated Fat sterol 4: m 1000; Carbohydrate 5:	Total Fat	239
sterol 4. m 100; Carbohydrate 5.	Saturated Fat	89
m 100) Carbohydrate :	Cholesterol	47mg
Carbohydrate :s		1002mg
თ .⊑	Total Carbohydrate	3.5g
	Fiber	Og
	Sugars	1g
	Protein	16g

2 PROTEIN, 4 FAT



EGG

2g 88mg Og 9 **7**g 169mg <u>6</u> <u>1</u> **Food Tiger** \$0.20 **Total Carbohydrate** Saturated Fat Cholesterol **Total Fat** Calories Sodium Sugars Protein Fiber

WIC

169mg **2**g Og <u>1</u> 9 88mg Food Tiger \$0.20 Total Carbohydrate Saturated Fat Cholesterol **Total Fat** Calories Sodium Sugars Protein Fiber





EGG

EGG

	91	7g	2g	169mg	88mg	1g	Og	1	6 g
\$0.20	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein





1 PROTEIN, 1 FAT

1 PROTEIN, 1 FAT





WIC



.20	91	7g	29	169mg	88mg	ate 1g	Og	٦,
\$0.20	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars

1 PROTEIN, 1 FAT

Protein



EGG

2g

Saturated Fat

Total Fat

Calories

Cholesterol

Sodium

9 7g

Food Tiger

EGG

\$0.20

88mg

169mg

Og

<u>1</u>

1 PROTEIN, 1 FAT

Protein Sugars

<u>1</u>

Total Carbohydrate

7

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	9	7g	2 g	169mg
Tiger -				ŗ.
à O			at	

Total Fat	7g
Saturated Fat	2g
Cholesterol	169mg
Sodium	88mg
Total Carbohydrate	1g
Fiber	Og
Sugars	1g
Protein	6g

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1 PROTEIN, 1 FAT

169mg Og **2**g 88mg <u>0</u> 9 - Food Tiger \$0.20 Total Carbohydrate EGG Saturated Fat Cholesterol Total Fat Calories Protein Sodium Sugars Fiber



POTATO CHIPS

Food Tiger	es 154	Fat 10g	ated Fat 1g	sterol Omg	m 128mg	Total Carbohydrate 14g	19	s Og	n 2g
	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Car	Fiber	Sugars	Protein



POTATO CHIPS

	154	10g	1g	Omg	128mg	14g	1g	Og	29
Food Tiger \$0.17	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



POTATO CHIPS

	154	10g	1g	Omg	128mg	14g	1g	Og	2g
Food Tiger \$0.17	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



10g **1** Omg 14g 1₉ Og



2 FAT

2 FAT

2 FAT

2 FAT

Protein



\$0.17	
Calories	154
Total Fat	10g
Saturated Fat	1g
Cholesterol	Omg
Sodium	128mg
Total Carbohydrate	14g
Fiber	1g
Sugars	Og
Drotein	0

2 FAT

2 FAT



POTATO CHIPS

2.00	
Calories	154
Total Fat	10g
Saturated Fat	<mark>1</mark>
Cholesterol	Omg
Sodium	128mg
Total Carbohydrate	14g
Fiber	1g
Sugars	Og
Protein	2g

2 FAT



	154	10g	1g	Omg	128mg	14g	1 g	Og	29
Food Tiger \$0.17	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



POTATO CHIPS

POTATO CHIPS

Food Tiger \$0.17

\1.O#	
Calories	154
Total Fat	10g
Saturated Fat	1 _g
Cholesterol	Omg
Sodium	128mg
Total Carbohydrate	14g
Fiber	1g
Sugars	Og
Protein	29
2 FAT	



<u>.</u>	154	10g	19	Omg	128mg	9 14g
Food Tiger \$0.17	Calories	Fotal Fat	Saturated Fat	Cholesterol	Sodium	Fotal Carbohydrate

154	10g	1g	Omg	128mg	14g	19	Og	2g	
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

POTATO C	\$0.17 Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	



BROCCOL

\$0.35	
Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	30mg
Total Carbohydrate	6g
Fiber	2.5g
Sugars	1.5g
Protein	2.5g





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BROCCOL

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Food Tiger

\$0.35

Food Tiger \$0.35

Food Tiger \$0.35

m L	Og	Og	Omg	30mg	drate 6g	2.5g	1.5g	2.5g
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

30mg **6**9 2.5g

Total Carbohydrate

Total Carbohydrate

Sugars Protein

Fiber

Sugars Protein

Fiber

Og Omg

Saturated Fat

Og Omg 30mg **6 2.5**g

Saturated Fat

Total Fat

Calories

Cholesterol

Sodium

Total Fat

Calories

Cholesterol

Sodium

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE





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BROCCOL

Food Tiger

00.00	
Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	30mg
Total Carbohydrate	6g
Fiber	2.5g
Sugars	1.5g
Protein	2.5g

Og Omg

Saturated Fat Cholesterol

Og Omg 30mg

Saturated Fat Cholesterol

Og Omg 30mg 6g 2.5g 1.5g

Saturated Fat Cholesterol

Total Fat

Total Fat

Total Fat

Calories

30mg **6**9

Total Carbohydrate

Sodium

2.5g

1.5g

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

Protein Sugars

Protein Sugars

Protein

Sugars

Fiber

2.5g 1.5g

6g

Total Carbohydrate

Total Carbohydrate

Sodium

Sodium

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BROCCOL

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BROCCOL

Food Tiger \$0.35

- Food Tiger

\$0.35

- Food Tiger

\$0.35

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WHEAT BREAD

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





WIC

WHEAT BREAD

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





WIC

WHEAT BREAD

Food Tiger

•	78	1g	Og	Omg	151mg	e 14g	1g	2g	39
\$0.20	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein







WIC

1 GRAIN

1 GRAIN

1 GRAIN

1 GRAIN

WHEAT BREAD

Food Tiger

\$0.20	78	t 19	ed Fat Og	erol Omg	151mg	Total Carbohydrate 14g	1g	2g	99
()	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carb	Fiber	Sugars	Protein

1 GRAIN

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WHEAT BREAD

WHEAT BREAD

WHEAT BREAD

Food Tiger \$0.20

Food Tiger \$0.20

Food Tiger

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

151mg

14g <u>1</u>

Total Carbohydrate

Sodium

151mg

14g

Total Carbohydrate

Sodium

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

Og Omg

Saturated Fat Cholesterol

Og Omg

Saturated Fat Cholesterol

Total Fat Calories

<u>1</u>

Total Fat Calories

1 GRAIN

1 GRAIN

1 GRAIN

Protein Sugars

Protein Sugars Fiber





1% MILK

1% MILK

Food Tiger \$0.35

		102	2g	2g	12mg	107mg	12g	Og	13g	8g
;; (;; ; F = 0 (L	\$0.35	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein









WIC

WIC

WIC

1% MILK

Food Tiger

1% MILK

Food Tiger \$0.35

Calories	102
Total Fat	2g
Saturated Fat	29
Cholesterol	12mg
Sodium	107mg
Total Carbohydrate	12g
Fiber	Og
Sugars	13g
Protein	89

12mg 107mg

Saturated Fat

Total Fat Calories

Cholesterol

Sodium

Og 13g

Total Carbohydrate

12g Og 13g

Total Carbohydrate

Fiber

Sugars

Sodium

12mg **2**g

Saturated Fat Cholesterol

Total Fat

107mg

1 DAIRY, 1 PROTEIN, 1 FAT

Protein Sugars Fiber

Protein

















1% MILK



00.00	
Calories	102
Total Fat	2g
Saturated Fat	2g
Cholesterol	12mg
Sodium	107mg
Total Carbohydrate	12g
Fiber	Og
Sugars	13g
Protein	89

1 DAIRY, 1 PROTEIN, 1 FAT

¥

1% MILK

Food Tiger \$0.35

Iger	35
8	0

-	
Calories	102
Total Fat	29
Saturated Fat	2g
Cholesterol	12mg
Sodium	107mg
Total Carbohydrate	12g
Fiber	Og
Sugars	139
Protein	80

107mg

12g Og 13g

Total Carbohydrate

Sodium

2g **2**g 12mg

> Saturated Fat Cholesterol

Total Fat

1 DAIRY, 1 PROTEIN, 1 FAT

Protein Sugars

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Calories	102
Total Fat	2g
Saturated Fat	2g
Cholesterol	12mg
Sodium	107mg
Total Carbohydrate	12g
Fiber	Og
Sugars	139
Drotoin	Ö

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Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars
	Calories	Calories Total Fat	Calories Total Fat Saturated Fat	Calories Total Fat Saturated Fat Cholesterol	Calories Total Fat Saturated Fat Cholesterol Sodium	Calories Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate	Calories Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Fiber

2g 12mg 12g Og 13g

107mg

1 DAIRY, 1 PROTEIN, 1 FAT

Protein



4C.40	
Calories	~
Fotal Fat	
Saturated Fat	
Cholesterol	12
Sodium	107
Fotal Carbohydrate	_
-iber	Ū
Suggrs	-



ICEBERG LETTUCE

	ω	Og	Og	Omg	7mg	2g	1g	p D	1g
Food Tiger \$0.20	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



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ICEBERG LETTUCE

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



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ICEBERG LETTUCE FRESH

		00	Og	Og	Omg	7mg	2g	Jg	1g	1g
i i i i i i i i i i i i i i i i i i i	\$0.20	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



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ICEBERG LETTUCE

Food Tiger

ω	Og	Og	Omg	7mg	2g	1g	1 g	19
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE



WIC

Tiger
Food

0N.04	
Calories	00
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	7mg
Total Carbohydrate	29
Fiber	1g
Sugars	1g
Protein	1g

WIC

ICEBERG LETTUCE

\$0.20	
Calories	00
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	7mg
Total Carbohydrate	2g
Fiber	1 0
Sugars	1 _g
Protein	1g

WIC

ICEBERG LETTUCE

	00	Og	Og
Food Tiger	alories	otal Fat	aturated Fat

1 VEGETABLE

1 VEGETABLE

Protein

Sugars Fiber

1 VEGETABLE

Sugars Protein

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ICEBERG LETTUCE FRESH

ICEBERG LETTUCE

Food Tiger

\$0.20

\$0.20	
Calories	00
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	7mg
Total Carbohydrate	29
Fiber	1g
Sugars	1g

Og Omg 7mg 2g

Saturated Fat Cholesterol

Total Fat Calories

19

Total Carbohydrate

Fiber

Sodium

7mg Omg

2g 19

Total Carbohydrate

Cholesterol

Sodium

Og





GREEN BEANS

\$0.54	
Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
Total Carbohydrate	7g
Fiber	3g
Sugars	39
Protein	2g





GREEN BEANS

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

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GREEN BEANS

GREEN BEANS

Food Tiger

\$0.54

Food Tiger

_	93	Og	Og	Omg	6mg	е 79	39	39	2g	
\$0.54	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

Og Omg 6mg

Saturated Fat

Total Fat

Calories

Cholesterol

Sodium

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

3 a a a a

Sugars Protein

Fiber

Total Carbohydrate





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GREEN BEANS

Food Tiger

\$0.54

Calories

Food Tiger

40.04	
Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
Total Carbohydrate	7g
Fiber	39
Sugars	39
Protein	2 g

1 VEGETABLE

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Tiger	54
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GREEN BEANS

GREEN BEANS

Food Tiger

\$0.54

))))	
Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
Total Carbohydrate	7g
Fiber	39
Sugars	39
Protein	29

1 VEGETABLE

Protein Sugars

	Ж	Og	Og	Omg	6mg
4					

Og Og Omg 6mg

> Saturated Fat Cholesterol

Total Fat Calories

ה ה ה	79	39	39	2g	
	ıl Carbohydrate	J .	ars	ein	

7g 3g 3g 2g

Total Carbohydrate

Sodium

1 VEGETABLE

Og Omg 6mg Total Carbohydrate Saturated Fat Cholesterol **Total Fat** Sodium Protein Sugars Fiber





GREEN BEANS

<u></u>	31	Og	Og	Omg	461mg	e 7g	39	39	29
	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

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GREEN BEANS

	31	Og	Og	Omg	461mg	79	3g	39	2g
\$0.16	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



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GREEN BEANS

GREEN BEANS

Food Tiger

	31	Og	Og	Omg	461mg	7g	39	3g	2g
\$0.16	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

Og

Saturated Fat Cholesterol

Total Fat Calories

Omg

461mg

Total Carbohydrate

Sodium



1 VEGETABLE

1 VEGETABLE

3g

Sugars Protein

Fiber



WIC



GREEN BEANS

	31	Og	Og	Omg	461mg	79	39	39	2g
\$0.16	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

Protein Sugars

Protein

Sugars

3 g g S



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GREEN BEANS

GREEN BEANS

Food Tiger

\$0.16

- Food Tiger

\$0.16

- Food Tiger

4C.16	
Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	461mg
Total Carbohydrate	7g
Fiber	39
Sugars	3g
Protein	2g

461mg

Total Carbohydrate

Sodium

461mg

7g

Total Carbohydrate

Sodium

7g 3g 3g 2g

Og Og Omg

> Saturated Fat Cholesterol

Total Fat Calories

> Og Og Omg

> > Saturated Fat Cholesterol

Total Fat Calories

3

WIC

WIC

WIC

\$0.16	
Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	461mg
Total Carbohydrate	7g
Fiber	39
Sugars	39
Drotoin	0

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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





CARROTS

	52	Og	Og	Omg	88mg	12g	49	6 9	1
\$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



WIC

CARROTS

Food Tiger \$0.25

CARROTS

Food Tiger

Calories	52
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	88mg
Total Carbohydrate	12g
Fiber	49
Sugars	6 9
Protein	1 ₀

Total Carbohydrate

Sugars Protein

Fiber

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

Saturated Fat

Total Fat

Calories

Cholesterol

Sodium

1 VEGETABLE



1 VEGETABLE

1 VEGETABLE

1 VEGETABLE



WIC

WIC



WIC



CARROTS

CARROTS

CARROTS

CARROTS

Food Tiger

\$0.25

- Food Tiger

\$0.25

Food Tiger

\$0.25

Food Tiger \$0.2E

4	
Calories	52
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	88mg
Total Carbohydrate	12g
Fiber	49
Sugars	6 9
Protein	1 _g

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

Saturated Fat Cholesterol

Og Omg 88mg 12g

Saturated Fat Cholesterol

Total Fat Calories

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

> > Saturated Fat Cholesterol

Total Fat

Total Fat

Calories

Total Carbohydrate

Total Carbohydrate

Total Carbohydrate

Sodium

Sodium

Sodium

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

Protein Sugars

Protein Sugars

Protein

Sugars

Fiber



PASTA

	221	1 _g	Og	Omg	1mg	43g	2.5g	6	89
Food Tiger \$0.15	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



PASTA

Food Tiger



PASTA

	221	1g	Og	Omg	1mg	43g	2.5g	1 _g	89
Food Tiger \$0.15	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



PASTA

	221	1 ₉	Og	Omg	1mg	439	2.5g	1g	89
Food Tiger \$0.15	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

2 GRAIN

2 GRAIN

2 GRAIN

2 GRAIN



PASTA

\$0.15	ories 221	al Fat 1g	Saturated Fat Og	Cholesterol Omg	ium 1mg	Total Carbohydrate 43g	er 2.5g	ars 1g	tein 8a
	Calories	Total Fat	Satur	Chole	Sodium	Total	Fiber	Sugars	Protein

Og Omg 1mg

Saturated Fat Cholesterol

Total Fat

43g 2.5g 1g 8g

Total Carbohydrate

Sodium

19 0 0 0 1 mg 1 4 3 g 2.5 g

Saturated Fat Cholesterol

Total Fat

Total Carbohydrate

Sodium



Food Tiger

- Food Tiger

Food Tiger

\$0.15

PASTA

PASTA

Food Tiger

\$0.15

PASTA

)) -	ries 221	l Fat 1g	Saturated Fat Og	esterol Omg	um 1mg	Total Carbohydrate 43g	2.5g	ırs 1g	cio di
	Calories	Total Fat	Saturate	Cholesterol	Sodium	Total Co	Fiber	Sugars	Protein



2 GRAIN

2 GRAIN

2 GRAIN

Protein

Sugars

Protein Sugars

Calories		221
Total Fat	ī	<mark>ل</mark> 9
Saturated Fat	ed Fat	Og
Cholesterol	erol	Omg
Sodium		1mg
Total Co	Total Carbohydrate	439
Fiber		2.5g
Sugars		1 g
Protein		89

2 GRAIN



TOMATO SAUCE

\$0.40	
Calories	06
Total Fat	3g
Saturated Fat	0.5g
Cholesterol	Omg
Sodium	470mg
Total Carbohydrate	13g
Fiber	49
Sugars	9g
Protein	2g



1 VEGETABLE



TOMATO SAUCE

	06	39	0.5g	Omg	470mg	13g	49	9 6	2g
Food Tiger \$0.40	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 VEGETABLE

1 VEGETABLE



TOMATO SAUCE

TOMATO SAUCE

Food Tiger

\$0.40

	06	39	0.59	Omg	470mg	13g	4	9g	2g
Food Tiger \$0.40	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

470mg

13g 49

Total Carbohydrate

Sodium

0.59 Omg

Saturated Fat Cholesterol

Total Fat Calories



Sugars Fiber



TOMATO SAUCE

Food Tiger

\$0.40	
Calories	06
Total Fat	3g
Saturated Fat	0.59
Cholesterol	Omg
Sodium	470mg
Total Carbohydrate	13g
Fiber	49
Sugars	9g
Protein	2g

1 VEGETABLE



TOMATO SAUCE

Food Tiger

40.4C	
Calories	90
Total Fat	3g
Saturated Fat	0.59
Cholesterol	Omg
Sodium	470mg
Total Carbohydrate	13g
Fiber	49
Sugars	99
Protein	2g

1 VEGETABLE

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)	Omg	470mg	13g	49	9g	2g
	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

AUCE		06	39	0.5g	Omg	470mg	13g	49	96	2g
ANNED TO SAUCE	Food Tiger \$0.40	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

FOMATO SAUCE - Food Tiger

\$0.40	
Calories	06
Total Fat	39
Saturated Fat	0.59
Cholesterol	Omg
Sodium	470mg
Total Carbohydrate	13g
Fiber	49
Sugars	99
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

Food Tiger

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



MARINARA SAUCE

Food Tiger

	120	3g	Og	Omg	940mg	22g	4	79	2g
\$0.41	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



MARINARA SAUCE

Food Tiger \$0.41

120	39	Og	Omg	940mg	22g	49	7g	2g
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



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ger	<u> </u>	120	39	Og	Omg	940mg	ite 22g	4	79	29
Food Tiger	\$0.4	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

Og Omg

Saturated Fat Cholesterol

Saturated Fat Cholesterol

Total Fat Calories

Total Fat Calories

120 3g Og Omg

22g 940mg

Total Carbohydrate

22g 49

Total Carbohydrate

Sodium

940mg

Sodium

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

Protein Sugars

Protein Sugars Fiber



MARINARA SAUCE

MARINARA SAUCE

MARINARA SAUCE

Food Tiger

\$0.41

- Food Tiger

\$0.41

1:)		
alories	120	
otal Fat	39	
aturated Fat	Og	
holesterol	Omg	
odium	940mg	
otal Carbohydrate	22g	
lber	49	
ugars	7g	
rotein	2g	





WHITE BREAD

Food Tiger



WHITE BREAD

Food Tiger -

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



WHITE BREAD

80	19	Og	Omg	147mg	e 15g	19	29	39
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



WHITE BREAD

Food Tiger

Food Tiger

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



1 GRAIN

1 GRAIN

1 GRAIN



WHITE BREAD

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



10.0A	
Calories	80
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	147mg
Total Carbohydrate	15g
Fiber	1g
Sugars	29
Protein	39

1 GRAIN



1 GRAIN

Protein

Sugars





Total Fat Calories

80

WHITE BREAD

Food Tiger

\$0.07

Og Omg

Saturated Fat Cholesterol

Total Fat Calories

Sodium

147mg

15g

Total Carbohydrate

Sodium

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

1 GRAIN



- Food Tiger \$0.07

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

1 GRAIN



BLACK BEANS

Food Tiger -

\$0.12	Calories 164	Total Fat 1g	Saturated Fat Og	Cholesterol Omg	odium 691mg	Total Carbohydrate 30g	oer 12g	igars 1g	otein 11g
	Calori	Total	Satur	Chole	Sodium	Total	Fiber	Sugars	Protein



3

BLACK BEANS

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

ic	



BLACK BEANS

Food Tiger \$0.12

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



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

1 PROTEIN, 1 VEGETABLE

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1 PROTEIN, 1 VEGETABLE







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BLACK BEANS

	164	1	Og	Omg	691mg	30g	12g	1	77
\$0.12	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

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BLACK BEANS

BLACK BEANS

BLACK BEANS

Food Tiger

\$0.12

Food Tiger

\$0.12

Calories	164
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	691mg
Total Carbohydrate	30g
Fiber	12g
Sugars	1g
Drotein	7,

Og Omg

Saturated Fat Cholesterol

Og Omg

Saturated Fat Cholesterol

Total Fat Calories

Total Fat Calories

30g

Total Carbohydrate

30g 12g

Total Carbohydrate

Sodium

691mg

Sodium

691mg

1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE

Protein Sugars

Protein

Sugars

<u>1</u>

1 PROTEIN, 1 VEGETABLE





BLACK BEANS

	164	1g	Og	Omg	691mg	30g	12g	0.5g	11g
\$0.45	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

BLACK BEANS

	164	1g	Og	Omg	691mg	30g	12g	0.5g	11g	
Food Tiger \$0.45	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	



BLACK BEANS

Food Tiger

\$0.45



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BLACK BEANS 00

Food Tiger

	164	1g	Og	Omg	691mg	te 30g	12g	0.59	11g	
,	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

Og Omg

Saturated Fat

Total Fat

Calories

Cholesterol

Sodium

30g 12g 0.59

Total Carbohydrate

691mg

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Protein

Sugars

Fiber



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BLACK BEANS

Tiger	45
Food	\$
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) † .) +	
Calories	164
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	691mg
Total Carbohydrate	30g
Fiber	12g
Sugars	0.59
Protein	11g

1 PROTEIN, 1 VEGETABLE



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BLACK BEANS

Food Tiger

BLACK BEANS

Food Tiger

\$0.45

\$0.45	
Calories	164
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	691mg
Total Carbohydrate	30g
Fiber	12g
Sugars	0.59
Protein	11g

1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE

Protein

Sugars

Fiber







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Food Tiger

\$0.45	
Calories	164
Total Fat	1 g
Saturated Fat	Og
Cholesterol	Omg
Sodium	691mg
Total Carbohydrate	30g
Fiber	12g
Sugars	0.5g
Protein	11g

Og

Saturated Fat

Total Fat Calories

Cholesterol

Sodium

Omg

691mg

164

30g

Total Carbohydrate

12g

0.5g

1 PROTEIN, 1 VEGETABLE



CHEDDAR CHEESE

Food Tiger

|--|



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CHEDDAR CHEESE

\$0.55	
Calories	171
Total Fat	14g
Saturated Fat	99
Cholesterol	45mg
Sodium	264mg
Total Carbohydrate	1g
Fiber	Og
Sugars	Og
Protein	10.5g



CHEDDAR CHEESE

	171	14g	9 9	45mg	264mg	1g	Og	Og	10.5g
Food Tiger \$0.55	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

WIC

CHEDDAR CHEESE

	171	14g	99	45mg	264mg	1g	Og	Og	10.5g
\$0.55 \$0.55	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

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1 DAIRY, 1 PROTEIN, 3 FAT

1 DAIRY, 1 PROTEIN, 3 FAT

1 DAIRY, 1 PROTEIN, 3 FAT



CHEDDAR CHEESE

-	171	14g	99	45mg	264mg	1g	Og	Og	10.5q
Food Tiger \$0.55	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



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CHEDDAR CHEESE

Food Tiger

\$0.55

Food Tiger \$0.55	171	14g	Fat 9g	l 45mg	264mg	ohydrate 1g	60	60	10.59
Š (A 	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

264mg

Total Carbohydrate

Sodium

Saturated Fat Cholesterol

Total Fat Calories

Og Og 10.5g

171 14g 99 45mg



1 DAIRY, 1 PROTEIN, 3 FAT

1 DAIRY, 1 PROTEIN, 3 FAT

Protein Sugars Fiber



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CHEDDAR CHEESE

Food Tiger

\$0.52	
Calories	171
Total Fat	14g
Saturated Fat	99
Cholesterol	45mg
Sodium	264mg
Total Carbohydrate	19
Fiber	Og
Sugars	Og
Protein	10.5g

1 DAIRY, 1 PROTEIN, 3 FAT





100% JUICE

Food Tiger -

\$0.29	
Calories	114
Total Fat	0.5g
Saturated Fat	1 _g
Cholesterol	Omg
Sodium	10mg
Total Carbohydrate	28g
Fiber	0.5g
Sugars	24g
Protein	Og



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100% JUICE

	114	0.5g	1 _g	Omg	10mg	28g	O.5g	24g	Og
.ger 29		0		0	1		0	tu	
\$0.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

100% JUICE

Food Tiger

\$0.29



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®

100% JUICE Food Tiger

114	0.59	1g	Omg	10mg	28g	0.5g	249	Og	
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

Omg 10mg 28g 0.59 24g

Saturated Fat Cholesterol

Total Fat Calories

Total Carbohydrate

Sodium

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1 FRUIT

1 FRUIT

1 FRUIT

Protein Sugars Fiber







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100% JUICE

- Food Tiger

\$0.29	
Calories	114
Total Fat	0.59
Saturated Fat	1 _g
Cholesterol	Omg
Sodium	10mg
Total Carbohydrate	28g
Fiber	0.5g
Sugars	249
Protein	Og

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100% JUICE

100% JUICE

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Food Tiger

\$0.29

· Food Tiger \$0.29

- Food Tiger

\$0.29	
Calories	114
Total Fat	0.5g
Saturated Fat	1g
Cholesterol	Omg
Sodium	10mg
Total Carbohydrate	28g
Fiber	0.5g
Sugars	24g
Protein	Og

0.5g

Saturated Fat Cholesterol

Total Fat Calories

0.5g

Saturated Fat Cholesterol

Total Fat Calories

Omg 10mg 28g 0.5g 24g

Total Carbohydrate

Sodium

Omg 10mg 28g 0.5g 24g

Total Carbohydrate

Sodium



1 FRUIT

1 FRUIT

Protein Sugars

Protein

Sugars Fiber

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BROWN RICE

	218	2g	O.5g	Omg	2mg	46g	3.5g	Og	4.5g
\$0.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein







A	O H			218	2g	0.5g	Omg	2mg	46g	3.5g	
	BROWN RIC	Food Tiger	\$0.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	



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BROWN RICE

Food Tiger

BROWN RICE

Food Tiger

\$0.29

	218	29	0.5g	Omg	2mg	46g	3.5g	Og	4.5g
\$0.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

Total Carbohydrate

Sodium

0.5g Omg 2mg 46g 3.5g Og **4.5**g

Saturated Fat Cholesterol

Total Fat

Calories

3 GRAIN

3 GRAIN

3 GRAIN

Protein

Sugars

Og 4.5g

Protein Sugars Fiber





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BROWN RICE

		218	2g	0.5g	Omg	2mg	46g	3.5g	Og	4.5g
; () () () () () () () () () (\$0.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

3 GRAIN

3 GRAIN

3 GRAIN

Protein

Sugars

Protein

Sugars Fiber

3 GRAIN



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BROWN RICE

BROWN RICE

BROWN RICE

Food Tiger

\$0.29

Food Tiger

\$0.29

Food Tiger

\$0.23	
Calories	218
Total Fat	2g
Saturated Fat	0.59
Cholesterol	Omg
Sodium	2mg
Total Carbohydrate	46g
Fiber	3.5g
Sugars	Og
Protein	4.5 g

0.59 Omg 2mg 46g 3.5g Og

Saturated Fat Cholesterol

O.5g Omg

Saturated Fat Cholesterol

Total Fat Calories

2g

Total Fat Calories

218

Total Carbohydrate

Sodium

2mg

46g 3.5g Og 4.5g

Total Carbohydrate

Sodium

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FROZEN PIZZA

		533	24g	8.5g	28mg	890mg	58g	49	7g	21g
: (;;	\$0.93 \$0.93	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



FROZEN PIZZA

	533	249	8.59	28mg	890mg	58g	49	7g	21g
Food Tiger \$0.93	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

4 GRAIN, 5 FAT, 3 PROTEIN

4 GRAIN, 5 FAT, 3 PROTEIN

4 GRAIN, 5 FAT, 3 PROTEIN



FROZEN PIZZA

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



FROZEN PIZZA

	533	249	8.5g	28mg	890mg	58g	49	79	219
\$0.03 \$0.93	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

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FROZEN PIZZA

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

4 GRAIN, 5 FAT, 3 PROTEIN



FROZEN PIZZA

Food Tiger

4C.04	
Calories	533
Total Fat	249
Saturated Fat	8.59
Cholesterol	28mg
Sodium	890mg
Total Carbohydrate	58g
Fiber	49
Sugars	7g
Protein	21g

4 GRAIN, 5 FAT, 3 PROTEIN



FROZEN PIZZA

Food Tiger

	533	24g	8.5g	28mg	890mg	58g	4	7g	21g
\$0.93	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

4 GRAIN, 5 FAT, 3 PROTEIN



FROZEN PIZZA

		533	249	8.5g	28mg	890mg	58g	49	7g	21g
Food Times	80.0\$	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

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

	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

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



Og

1 EXTRA

1 EXTRA

1 EXTRA

Og



BLACK COFFEE

BLACK COFFEE

Food Tiger

\$0.21

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

0 0 0 Omg Omg

> Saturated Fat Cholesterol

Total Fat Calories

0

00 00 00 00

Total Carbohydrate

Sodium



BLACK COFFEE

Food Tiger

- Food Tiger

BLACK COFFEE

#0.N1	
Calories	0
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	Og



00 0 Food Tiger \$0.21 **Total Fat** Calories

Saturated Fat	O
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	Og

1 EXTRA

1 EXTRA

1 EXTRA

Protein Sugars

1 EXTRA



TUNA

Food Tiger \$0.56

158 **1**g 337mg Og Og Og ⁷g 26mg **Total Carbohydrate** Saturated Fat Cholesterol **Total Fat** Calories Sodium Protein Sugars Fiber



		158	7g	1g	26mg	337mg	Og	Og	Og	23g	
MED TUNA	Food Tiger	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

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Food Tiger \$0.56

Food Tiger

\$0.56

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

> 337mg Og Og Og

> > Total Carbohydrate

26mg

Saturated Fat

Total Fat

Calories

Cholesterol

Sodium

3 PROTEIN

3 PROTEIN

3 PROTEIN

3 PROTEIN

23g

Protein

Sugars

Fiber



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PUNA PA

26mg 337mg Og Og <u>1</u> Og Total Carbohydrate Saturated Fat Cholesterol **Total Fat** Calories Sodium Protein Sugars Fiber

3 PROTEIN

3 PROTEIN

Protein Sugars

Protein

Sugars

Fiber

337mg

Og Og Og 23g

Total Carbohydrate

Sugars

Fiber

Protein

Sodium

337mg

Og Og Og

Total Carbohydrate

Fiber

26mg

Saturated Fat Cholesterol

Total Fat Calories

> **7**g <u>1</u> 26mg

> > Saturated Fat

Total Fat Calories

Cholesterol

Sodium

158

337mg 26mg **\$0.26** Total Carbohydrate Saturated Fat Cholesterol **Total Fat** Calories Sodium

3 PROTEIN

Og

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\$0.56

3 PROTEIN



COLLARD GREENS

\$0.45	
Calories	40
Total Fat	19
Saturated Fat	Og
Cholesterol	Omg
Sodium	2mg
Total Carbohydrate	7 g
Fiber	2 g
Sugars	39
Protein	2g



COLLARD GREENS

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- Food Tiger	ries 40	Fat 1g	Saturated Fat Og	esterol Omg	um 2mg	Total Carbohydrate 7g	. Zg	ırs 3g	rie or
Ī	Calories	Total Fat	Saturate	Cholesterol	Sodium	Total Ca	Fiber	Sugars	Protein

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	40	1g	Og	Omg	2 mg	79	2g	39	2g	
\$0.45	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

Cholesterol

Sodium

Sugars

Protein

Fiber

Total Fat Calories



1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE



F L	
\$0.45	
Calories	40
Total Fat	6
Saturated Fat	Og
Cholesterol	Omg
Sodium	2 mg
Total Carbohydrate	79
Fiber	2g
Sugars	3g
	C

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¥0.45	
Calories	40
Total Fat	19
Saturated Fat	Og
Cholesterol	Omg
Sodium	2 mg
Total Carbohydrate	79
Fiber	2 g
Sugars	39
Protein	2g

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\$0.45	
Calories	04
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	2 mg
Total Carbohydrate	7g
Fiber	2g
Sugars	3g
Protein	2g

1 VEGETABLE











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COLLARD GREENS

COLLARD GREENS

- Food Tiger

\$0.45

- Food Tiger

\$0.45



01.00	
Calories	40
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	2 mg
Total Carbohydrate	7g
Fiber	2g
Sugars	39
Protein	2g

Og Omg 2 mg

Saturated Fat Cholesterol

Og Omg 2 mg

Saturated Fat Cholesterol

Total Fat Calories

Total Fat Calories

1 VEGETABLE

2 8 8 2 9 9

Sugars Protein

Total Carbohydrate

Fiber

7g 2g 3g 2g

Total Carbohydrate

Sodium

Sodium

1 VEGETABLE

1 VEGETABLE

Protein

Sugars





COLLARD GREENS

	04	Jg	Og	Omg	670mg	7g	2g	3g	2g
Food Tiger \$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 VEGETABLE

1 VEGETABLE





COLLARD GREENS

	4	1 g	Og	Omg	670mg	7g	2g	39	2g
\$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



COLLARD GREENS



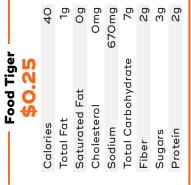
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COLLARD GREENS

Food Tiger \$

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





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COLLARD GREENS

RD GREENS

	40	1g	Og	Omg	670mg	79	2g	39	29
Food Tiger \$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 VEGETABLE







Food Tiger

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

1 VEGETABLE



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COLLARD GREEN

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CANNED	Ī	Calories	Total Fat	Saturate	Choleste	Sodium	Total Ca
<u>0</u>		^	_	-	_	-	_

Food Tiger -

Food Tiger

\$0.25

Total Fat	<mark>ل</mark> 9
Saturated Fat	Og
Cholesterol	Omg
Sodium	670mg
Total Carbohydrate	7g
Fiber	2g
Sugars	39
Protein	2g



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



1 VEGETABLE





BLACK EYED PEAS

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





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BLACK EYED PEAS

BLACK EYED PEAS

Og Omg 125mg **Food Tiger** \$0.32 Saturated Fat Cholesterol **Total Fat** Calories Sodium

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Protein

13g 49 2g

Total Carbohydrate

Fiber

Sugars







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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

Og Og Omg

Saturated Fat

Total Fat Calories

Cholesterol

Sodium

13g 49

Total Carbohydrate

125mg

1 VEGETABLE

2 5 9

Protein

Sugars

Fiber

P

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BLACK EYED PEAS

Food Tiger

\$0.32

1 VEGETABLE

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1 VEGETABLE

Protein Sugars

BLACK EYED PEAS P

BLACK EYED PEAS

Food Tiger

\$0.32

Food Tino.	
\$0.32	
Calories	70
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	125mg
Total Carbohydrate	13g
Fiber	49
Sugars	2g
0,0+0,0	L L

Og Og Omg 125mg 13g

> Saturated Fat Cholesterol

Total Fat Calories

2

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:	
Sodium	125mg
Total Carbohydrate	13g
Fiber	4g
Sugars	2g
Protein	5g

49 2g 5g

Total Carbohydrate

Sodium





WHOLE MILK

WHOLE MILK

		150	89	5g	35mg	120mg	12g	Og	11g	89
T T T T T T T T T T	\$0.35	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein





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WIC WHOLE MILK

WHOLE MILK

Food Tiger \$0.35

	150	89	5 g	35mg	120mg	12g	Og	119	89
\$0.35 \$0.35	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

89

\$0.35 **Food Tiger**

35mg

Saturated Fat Cholesterol

Total Fat Calories

120mg

12g Og 11g

Total Carbohydrate

Sodium

35mg

Saturated Fat Cholesterol

Total Fat

Calories

120mg

12g Og 11g

Total Carbohydrate

Sodium

1 DAIRY

1 DAIRY

1 DAIRY

1 DAIRY

Protein Sugars Fiber

Protein

Sugars Fiber







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WHOLE MILK

WHOLE MILK

Food Tiger

1 DAIRY

WIC WHOLE MILK

4C.50	
Calories	150
Total Fat	89
Saturated Fat	5 g
Cholesterol	35mg
Sodium	120mg
Total Carbohydrate	12g
Fiber	Og
Sugars	11g
Protein	89

120mg

12g Og 11g

Total Carbohydrate

Sodium

Saturated Fat Cholesterol

Total Fat Calories

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013	3

	П								
Y L			150	89	5g	35mg	120mg	12g	O
VHOLE MI	- Food Tider	\$0.35	ories	al Fat	urated Fat	olesterol	dium	al Carbohydrate	er

150 89 **5**g 35mg

Food Tiger

\$0.35

\$0.35 Calories Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Fiber Sugars Protein		150	89	5g	35mg	120mg	12g	Og	11g	89
	\$0.35	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



1 DAIRY

1 DAIRY

Protein Sugars



OATMEAL

OATMEAL

Food Tiger \$0.17

	150	3g	0.5g	Omg	Omg	27g	49	1	5 g
Food Tiger \$0.17	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



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OATMEAL

Food Tiger

OATMEAL

- Food Tiger - \$0.17

	150	39	0.5g	Omg	Omg	27g	49	1g	5 g
\$0.17	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

0.5g Omg Omg 27g

Saturated Fat

Total Fat Calories

Cholesterol

Sodium

Total Carbohydrate

Sugars

Fiber

Protein

Total Carbohydrate

Fiber Sugars

Sodium

0.5g Omg Omg 27g 49 <u>6</u>

Saturated Fat Cholesterol

Total Fat Calories

2 GRAIN

2 GRAIN

2 GRAIN

2 GRAIN

Protein





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OATMEAL

\$0.17	
Calories	150
Total Fat	39
Saturated Fat	0.59
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	27g
Fiber	4g
Sugars	7

2 GRAIN

Protein

2 GRAIN

2 GRAIN

2 GRAIN



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OATMEAL

OATMEAL

Food Tiger

\$0.17

- Food Tiger

\$0.17

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\$0.17		
Calories	150	
Total Fat	39	
Saturated Fat	0.5g	
Cholesterol	Omg	
Sodium	Omg	
Total Carbohydrate	27g	
Fiber	49	
Sugars	1g	
Protein	5g	

Omg

Total Carbohydrate

Sugars Protein

<u>1</u>

Sugars Protein

Fiber

0.5g Omg

Saturated Fat

0.5g Omg

Saturated Fat Cholesterol

Total Fat

Total Fat

150

Cholesterol

Sodium

Omg 27g

Total Carbohydrate

Sodium

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NOINO

	34	Og	Og	Omg	4mg	8.5g	2g	7g	<mark>ل</mark> 1
Food Tiger \$0.30	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



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NOINO

30	34	Og	Og	Omg	4mg	Irate 8.5g	29	7g	1g
\$0.30	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

2g

Total Carbohydrate

Sugars Protein

Fiber

Og Omg 4mg 8.5g

Saturated Fat

Total Fat Calories

Cholesterol

Sodium

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NOINO

Food Tiger

Food Tiger

Food Tiger \$0.30

NOINO

34
Og
Og
Omg
4mg
8.5g
2g
7g
1g

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE









NOINO

Food Tiger

\$0.30

\$0.30	
Calories	34
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	4mg
Total Carbohydrate	8.59
Fiber	29
Sugars	79
Protein	1g

Og Omg 4mg 8.5g 2g

Saturated Fat Cholesterol

Total Fat Calories

aturated Fat	D O
Cholesterol	Omg
sodium	4mg
otal Carbohydrate	8.59
iber	2g
Sugars	7g
rotein	19

Total Carbohydrate

Sodium

Total Carbohydrate

Fiber

Sodium

1 VEGETABLE

1 VEGETABLE

Protein Sugars

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NOINO

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NOINO

Food Tiger

\$0.30

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On.04	
Calories	34
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	4mg
Total Carbohydrate	8.5g
Fiber	2g
Sugars	7g
	7

34 0g Og Omg 4mg 8.5g **2**g

> Saturated Fat Cholesterol

Total Fat Calories

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g/	1g	

Sugars	Protein	1 VEGETABLE
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WIC Food Tiger NOINO





LOW FAT CHEESE

Food Tiger \$0.55

)	
Calories	06
Total Fat	6g
Saturated Fat	49
Cholesterol	20mg
Sodium	340mg
Total Carbohydrate	1g
Fiber	Og
Sugars	Og
Protein	7g



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Food Tiger \$0.55

LOW FAT CHEESE

LOW FAT CHEESE

LOW FAT CHEESE

Food Tiger \$0.55

Food Tiger \$0.55

))) }	
Calories	90
Total Fat	6 g
Saturated Fat	49
Cholesterol	20mg
Sodium	340mg
Total Carbohydrate	1g
Fiber	Og
Sugars	Og
Protein	79

Og Og

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Total Carbohydrate

20mg 340mg

Saturated Fat

Total Fat

6g 4

Calories

Cholesterol

20mg

Saturated Fat

Total Fat

Calories

Cholesterol

Sodium

Sodium

6g 49

1 DAIRY

1 DAIRY

1 DAIRY

Protein

Sugars

Fiber

Protein

Sugars

Fiber

Og Og

<u>1</u> 340mg

Total Carbohydrate



1 DAIRY













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LOW FAT CHEESE

LOW FAT CHEESE

LOW FAT CHEESE

LOW FAT CHEESE

Food Tiger

\$0.55

Food Tiger

\$0.55

Food Tiger

\$0.55

TO COL	
\$0.55	
Calories	06
Total Fat	6g
Saturated Fat	49
Cholesterol	20mg
Sodium	340mg
Total Carbohydrate	1g
Fiber	Og
Sugars	Og
Protein	79

69 49

> Saturated Fat Cholesterol

> Saturated Fat Cholesterol

Total Fat

69 49 20mg

> Saturated Fat Cholesterol

Total Fat Calories

06

Calories

Total Fat Calories

90 **6**g 4 20mg

20mg 340mg

1 DAIRY

Protein

Sugars

Fiber

Og Og

Og Og

19

Total Carbohydrate

Sodium

340mg

Total Carbohydrate

Sodium

340mg <u>1</u>

Total Carbohydrate

Sodium



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1 DAIRY

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1 DAIRY

Protein Sugars

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Protein

Sugars

Fiber

Og Og



SOY MILK

SOY MILK

Food Tiger \$0.54

	110	4.5g	O.5g	Omg	90mg	9g	2g	6g	89
Food Tiger \$0.54	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein







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Food Tiger

SOY MILK

- Food Tiger **\$0.54**

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

Omg 90mg 9 0 **2**g **6**g

Total Carbohydrate

Sodium

0.59

Saturated Fat Cholesterol

Total Fat Calories

90mg

9g 29 **6**g

Total Carbohydrate

Fiber

Protein Sugars

Sodium

4.5g 0.5g Omg

> Saturated Fat Cholesterol

Total Fat Calories

1 DAIRY

1 DAIRY

1 DAIRY

1 DAIRY

Protein Sugars Fiber





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SOY MILK

		110	4.5g	0.5g	Omg	90mg	99	2g	6g	89
H	\$0.54	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

0.5g Omg 90mg

Saturated Fat Cholesterol

Total Fat Calories

1 DAIRY



2g 6g 8g

1 DAIRY

Protein Sugars



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SOY MILK

SOY MILK

Food Tiger - **\$0.54**

SOY MILK

Food Tiger

\$0.54

1000	
Calories	110
Total Fat	4.5g
Saturated Fat	0.5g
Cholesterol	Omg
Sodium	90mg
Total Carbohydrate	9 6
Fiber	2g
Sugars	6g
Protein	00

90mg

9 0

Total Carbohydrate

Sodium

Omg

4.5g 0.5g

> Saturated Fat Cholesterol

Total Fat

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	110	4.59	0.59	Omg	90mg	9 0	2g	
- Food Tiger \$0.54	es	Fat	ated Fat	sterol	Ε	Carbohydrate		

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	1 DAIRY
Protein	

Sugars Fiber

9g 2g 6g

Total Carbohydrate

Sodium

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CHICKPEAS

14.00	
Calories	133
Total Fat	3g
Saturated Fat	Og
Cholesterol	Omg
Sodium	202mg
Total Carbohydrate	20g
Fiber	5g
Sugars	0.5g
Protein	7g



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CHICKPEAS

i i i i i i i i i i i i i i i i i i i	
\$0.24	
Calories	133
Total Fat	39
Saturated Fat	Og
Cholesterol	Omg
Sodium	202mg
Total Carbohydrate	20g
Fiber	5g
Sugars	0.59
Protein	79





CHICKPEAS

	133	3g	Og	Omg	202mg	20g	5g	0.5g	7g
Food Tiger \$0.24	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



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1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE



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CHICKPEAS

\$0.24	
Calories	133
Total Fat	3g
Saturated Fat	Og
Cholesterol	Omg
Sodium	202mg
Total Carbohydrate	20g
Fiber	5g
Sugars	0.5g
0,0	7

Protein

1 PROTEIN, 1 VEGETABLE

WIC

CHICKPEAS

CHICKPEAS

Food Tiger

	133	39	Og	Omg	202mg	20g	5g	0.5g	79
Food Tiger \$0.24	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE

Protein Sugars Fiber









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- Food Tiger

\$0.24	
Calories	133
Total Fat	39
Saturated Fat	Og
Cholesterol	Omg
Sodium	202mg
Total Carbohydrate	20g
Fiber	5g
Sugars	0.59
Protein	7g

202mg

20g

Total Carbohydrate

Sodium

0.5g 5g

Og Omg

Saturated Fat Cholesterol

Total Fat Calories

1 PROTEIN, 1 VEGETABLE



APPLE SAUCE

Food Tiger	
\$0.29	
Calories	68
Total Fat	0.5g
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	17g
Fiber	1.5g
Sugars	15g
Protein	Og





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Food Tider	
\$0.29	
Calories	68
Total Fat	0.5g
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	17g
Fiber	1.5g
Sugars	15g
Protein	Og



WIC



WIC APPLE SAUCE

APPLE SAUCE

Food Tiger \$0.29

	89	0.5g	Og	Omg	Omg	17g	1.5g	15g	Og
 \$0.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

Omg

1.5g 15g

17g

Total Carbohydrate

Fiber Sugars Protein

2 FRUIT

2 FRUIT

2 FRUIT

Sodium

Og Omg

Saturated Fat Cholesterol

Total Fat Calories





WIC

APPLE SAUCE

		89	0.5g	Og	Omg	Omg	17g	1.5g	15g	Og
i	\$0.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



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APPLE SAUCE

APPLE SAUCE

Food Tiger \$0.29

- Food Tiger \$0.29

· Food Tiger

\$0.29	
Calories	89
Total Fat	0.59
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	17g
Fiber	1.5g
Sugars	15g
Protein	Og

Omg

17g 1.5g

Total Carbohydrate

17g 1.5g

Total Carbohydrate

Sodium

Sodium

Og Omg

Saturated Fat Cholesterol

Total Fat Calories

> 0.5g Og Omg Omg

> > Saturated Fat Cholesterol

Total Fat Calories

2 FRUIT

2 FRUIT

2 FRUIT

2 FRUIT

Protein Sugars

Protein

Sugars Fiber

15g



CAULIFLOWER

Food Liger	
\$0.25	
Calories	23
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	30mg
Total Carbohydrate	4 9
Fiber	2.5g
Sugars	1.5g
Protein	1.5g





CAULIFLOWER

	23	Og	Og	Omg	30mg	49	2.5g	1.5g	1.5g
\$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

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CAULIFLOWER

Food Tiger

CAULIFLOWER

Food Tiger

\$0.25

\$0.25	
Calories	23
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	30mg
Total Carbohydrate	49
Fiber	2.5g
Sugars	1.5g
Protein	1.5g
1 VEGETABLE	

Total Carbohydrate

Sugars Fiber

Protein

Sodium

23 0g

Og Omg 30mg **4** 2.5g 1.5g

Saturated Fat Cholesterol

Total Fat

Calories

1 VEGETABLE





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1 VEGETABLE

1 VEGETABLE



WIC



CAULIFLOWER

CAULIFLOWER

	23	Og	Og	Omg	30mg	49	2.5g	1.5g	1.5g
\$0.25 \$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 VEGETABLE

Og Og Omg 30mg **4** 2.5g **Food Tiger** \$0.25 Total Carbohydrate Saturated Fat Cholesterol

Total Fat Calories

Sodium

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CAULIFLOWER

Food Tiger

\$0.25	
Calories	23
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	30mg
Total Carbohydrate	4 9
Fiber	2.5g
Sugars	1.5g
Protein	1.5g

1 VEGETABLE

1.5g

1 VEGETABLE

Protein

Sugars

	23	Og	Og	Omg	30mg	4 9	2.5g	1.5g	1.5g
\$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



RICE MILK

Food Tiger

\$0.45	
Calories	112
Total Fat	Og
Saturated Fat	Og
Cholesterol	12mg
Sodium	90mg
Total Carbohydrate	22g
Fiber	Og
Sugars	13g
Protein	1g



RICE MILK

Food Tiger

10	112	Og	Og	12mg	90mg	22g	Og	13g	1g
\$0.45	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



RICE MILK

	112	Og	Og	12mg	90mg	2 2 g	Og	13g	1g
\$0.45	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



RICE MILK

	112	Og	Og	12mg	90mg	22g	Og	13g	1g
Food Tiger \$0.45	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

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1 DAIRY, 1 PROTEIN, 1 FAT

1 DAIRY, 1 PROTEIN, 1 FAT

1 DAIRY, 1 PROTEIN, 1 FAT



RICE MILK

RICE MILK

RICE MILK

Food Tiger \$0.45

- Food Tiger \$0.45

Food Tiger

\$0.45	
Calories	112
Total Fat	Og
Saturated Fat	Og
Cholesterol	12mg
Sodium	90mg
Total Carbohydrate	2 2 g
Fiber	Og
Sugars	13g
Protein	J _D

1 DAIRY, 1 PROTEIN, 1 FAT

1 DAIRY, 1 PROTEIN, 1 FAT

1 DAIRY, 1 PROTEIN, 1 FAT

Protein Sugars

Protein

Sugars



04.00	
Salories	112
Fotal Fat	Og
Saturated Fat	Og
Cholesterol	12mg
Sodium	90mg
Fotal Carbohydrate	2 2 g
-iber	Og
Sugars	13g
Protein	1g

2**2**g

Total Carbohydrate

Total Carbohydrate

Sodium

Sodium

Og 12mg 90mg

Saturated Fat Cholesterol

Og 12mg 90mg 22g

Saturated Fat Cholesterol

Total Fat

Total Fat

1 DAIRY, 1 PROTEIN, 1 FAT





CABBAGE

	28	Og	Og	Omg	17mg	6g	Og	Og	1g
\$0.18	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

Food Tiger 40 10

CABBAGE

0.0	
Calories	28
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	17mg
Total Carbohydrate	6g
Fiber	Og
Sugars	Og
Protein	1g

WIC



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CABBAGE

Food Tiger

\$0.18

CABBAGE

17mg Og 6g Og Omg Food Tiger Total Carbohydrate \$0.18 Saturated Fat Cholesterol **Total Fat** Calories Sodium Fiber Protein Sugars

17mg

6g

Total Carbohydrate

Sodium

Og Omg

Saturated Fat Cholesterol

Total Fat Calories

Og Og

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

Protein Sugars Fiber



WIC

CABBAGE

CABBAGE

Food Tiger

\$0.18

Food Tiger

\$0.18

WIC









WIC



CABBAGE

Food Tiger

2.5A	
Calories	28
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	17mg
Total Carbohydrate	6g
Fiber	Og
Sugars	Og
Protein	1g

17mg

Omg Og

Saturated Fat Cholesterol

Total Fat

Og

6g

Total Carbohydrate

Sodium

17mg

Omg

Og

Saturated Fat Cholesterol

Total Fat

Og

6g

Total Carbohydrate

Sugars Protein

Sodium

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

Protein

Sugars

ш		58	Og	Og	Omg	17mg	6g	Og	Og	7
CABBAGE	\$0.18	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



SWEET POTATO

Food Tiger	
Calories	79
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	40mg
Total Carbohydrate	26g
Fiber	4
Sugars	9g
Protein	2g



SWEET POTATO

Food Tiger	
\$0.19	
Calories	79
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	40mg
Total Carbohydrate	26g
Fiber	4g
Sugars	9g
Protein	2g

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	FRESH	\ <u>S</u>

Food Tiger

	79	Og	Og	Omg	40mg	26g	49	96	2g
\$0.19	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



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1 VEGETABLE

1 VEGETABLE





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SWEET POTATO

Food Tiger

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SWEET POTATO

SWEET POTATO

Food Tiger

\$0.19

Food Tiger

\$0.19

TATO		79	Og	Og	Omg	40mg	26g	4	9 0	2g
SWEET POTATO	Food Tiger	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

40mg 26g

Total Carbohydrate

Sodium

40mg 26g

Total Carbohydrate

Sodium

49

49

Omg

79 0g

Saturated Fat Cholesterol

79 00 0m0

Saturated Fat Cholesterol

Total Fat Calories

Total Fat Calories

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1 VEGETABLE

1 VEGETABLE

Protein

Sugars

Protein

Sugars Fiber



CHICKEN THIGH

	126	79	2g	78mg	52mg	Og	Og	Og	16g
Food Tiger \$0.34	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



CHICKEN THIGH

	126	79	29	78mg	52mg	Og	Og	Og	16g
Food Tiger \$0.34	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



CHICKEN THIGH

recent reserves	
40.0A	
Calories	126
Total Fat	79
Saturated Fat	2g
Cholesterol	78mg
Sodium	52mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	16g



CHICKEN THIGH

Food Tiger - **\$0.34**

126	7g	2g	78mg	52mg	Og	Og	Og	16g	
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

1 PROTEIN

1 PROTEIN

1 PROTEIN

1 PROTEIN



CHICKEN THIGH

\$0.34	
Calories	126
Total Fat	7g
Saturated Fat	2g
Cholesterol	78mg
Sodium	52mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	16q



\$0.34	
Calories	126
Total Fat	7g
Saturated Fat	2g
Cholesterol	78mg
Sodium	52mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	16a



F000 11ger	
Calories	126
Total Fat	7g
Saturated Fat	29
Cholesterol	78mg
Sodium	52mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
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40.04	
Calories	126
Total Fat	7g
Saturated Fat	2g
Cholesterol	78mg
Sodium	52mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	16g

1 PROTEIN

1 PROTEIN



CHICKEN THIGH

Food Tiger

	126	7g	2g	78mg	52mg	Og	Og	Og	16g	
\$0.34	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

1 PROTEIN



CHICKEN THIGH

Food Tiger

40.34	
Calories	126
Total Fat	7g
Saturated Fat	2g
Cholesterol	78mg
Sodium	52mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	169

1 PROTEIN



PORK TENDERLOIN

Food Ilger	
\$0.93	
Calories	106
Total Fat	3g
Saturated Fat	1g
Cholesterol	51mg
Sodium	34mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	19g



PORK TENDERLOIN

Food Tiger

Calories	
	106
Total Fat	3g
Saturated Fat	1g
Cholesterol	51mg
Sodium	34mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	19g



PORK TENDERLOIN

Food Liger	
90.00	
Calories	106
Total Fat	3g
Saturated Fat	1g
Cholesterol	51mg
Sodium	34mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	19g



FRESH

PORK TENDERLOIN

Food Tiger \$0.93

Calories Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Fiber Sugars Protein	106	3g	1g	51mg	34mg	Og	Og	Og	19g
	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



1 PROTEIN

1 PROTEIN

1 PROTEIN





PORK TENDERLOIN

PORK TENDERLOIN

PORK TENDERLOIN

Food Tiger

\$0.93

Food Tiger

\$0.93

00.0A	
Calories	106
Total Fat	3g
Saturated Fat	1g
Cholesterol	51mg
Sodium	34mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	19g

34mg

Total Carbohydrate

Sodium

3g 1g 51mg 34mg 0g 0g 0g

Total Carbohydrate

Sodium

Saturated Fat Cholesterol

Total Fat

Sugars Protein

Fiber

Og Og

106 3g 1g 51mg

Saturated Fat Cholesterol

Total Fat Calories

1 PROTEIN

1 PROTEIN

1 PROTEIN

Protein

Sugars Fiber



Tiger	
Food	
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1 PROTEIN



CANDY BAR

Corner Store



CANDY BAR

ā	232	14g	5g	3mg	161mg	25g	2g	219	461g
—— Corner Store \$1.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



CANDY BAR

tore	232	149	5g	3mg	161mg	te 25g	2g	219	461g
Corner Store \$1.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



CANDY BAR

Corner Store

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

3 FAT

3 FAT

3 FAT

3 FAT



CANDY BAR

CANDY BAR

Corner Store

\$1.29

Corner Store

\$1.29

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

3mg 161mg 25g 2g

Saturated Fat Cholesterol

Total Fat Calories

> 14g 5g 3mg 161mg 25g

> > Saturated Fat Cholesterol

Total Fat Calories

Total Carbohydrate

Total Carbohydrate

Sodium

Sodium

3 FAT



CANDY BAR

01:10 01:10	
Calories	232
Total Fat	14g
Saturated Fat	5g
Cholesterol	3mg
Sodium	161mg
Total Carbohydrate	25g
Fiber	2g
Sugars	21g
Protein	461g

461g

Protein

461g

Protein

Sugars

3 FAT

Sugars Fiber

3 FAT



\$1.29 Calories

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

3 FAT



COOKIES

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tore	o
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Corner	\$2

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Calories	167
Total Fat	7g
Saturated Fat	2g
Cholesterol	Omg
Sodium	140mg
Total Carbohydrate	25.5g
Fiber	19
Sugars	15g
Protein	2g

1 GRAIN, 1 FAT



COOKIES

Corner Store - **\$2.39**

1:10	
Calories	167
Total Fat	7g
Saturated Fat	2g
Cholesterol	Omg
Sodium	140mg
Total Carbohydrate	25.5g
Fiber	1g
Sugars	15g
Protein	2g

1 GRAIN, 1 FAT



COOKIES

COOKIES

Corner Store

\$2.39

Corner Store \$2.39

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

2g Omg

Saturated Fat Cholesterol

Total Fat

19 15g

140mg 25.5g

Total Carbohydrate

Sugars

Fiber

Protein

Sodium

1 GRAIN, 1 FAT

1 GRAIN, 1 FAT



COOKIES

Corner Store

\$2.39	167
Total Fat	7g
Saturated Fat	29
Cholesterol	Omg
Sodium	140mg
Total Carbohydrate	25.5g
Fiber	1g
Sugars	15g
Protein	2g

1 GRAIN, 1 FAT



COOKIES

COOKIES

Corner Store

\$2.39

Corner Store \$2.39

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

140mg 25.5g

Total Carbohydrate

Sodium

1_g

2g Omg

Saturated Fat Cholesterol

Calories Total Fat 1 GRAIN, 1 FAT

1 GRAIN, 1 FAT

Protein

Sugars



COOKIES

Corner Store	\$2.39

Calories	167
Total Fat	7g
Saturated Fat	29
Cholesterol	Omg
Sodium	140mg
Total Carbohydrate	25.5g
Fiber	1g
Sugars	15g
Protein	2g

1 GRAIN, 1 FAT



SODA

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



Corner Store SODA

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



Corner Store \$1.99

)) : }	
Calories	152
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	15mg
Total Carbohydrate	40g
Fiber	Og
Sugars	40g
Protein	Og



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

5 5 0	152	Og	Og	Omg	15mg	te 40g	Og	40g	Ċ
\$1.99	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	



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



SODA

Corner Store

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



1 EXTRA

1 EXTRA



SODA

\$1.99 Calories Total Fat Saturated Fat Cholesterol Sodium	152 0 0 0 0 0 15 mg
Fiber Sugars	0 0 0 0 0 0 0 0 0



SODA

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

1 EXTRA





PEANUT BUTTER

Corner Store

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





PEANUT BUTTER

	ט	190	16g	39	Omg	117mg	6g	2g	3.5g	89
Corner Store	\$0.34	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

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1 PROTEIN, 3 FAT





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PEANUT BUTTER

PEANUT BUTTER

Corner Store

Corner Store

\$0.34

16g 3g Omg 117mg **6**9 **2**g 3.5g

> Saturated Fat Cholesterol

Total Fat Calories

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

Total Carbohydrate

Sugars Protein

Fiber

Sodium

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1 PROTEIN, 3 FAT









PEANUT BUTTER

di di	190	16g	39	Omg	117mg	6g	2g	3.5g
——— Corner Store \$0.34	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars

1 PROTEIN, 3 FAT

Protein

3.5g 8g

Protein Sugars Fiber

WIC

PEANUT BUTTER

Corner Store

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

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PEANUT BUTTER

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

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	Ë			190	16g	39	Omg	117mg	6g
8	PEANUT BUT	Corner Store	\$0.34	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate

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HOT DOG

a P		185	17g	7g	34mg	584mg	2g	Og	19	6g
Corner Store	\$1.59	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

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HOT DOG

Corner Store	a
\$1.59	
Calories	185
Total Fat	17g
Saturated Fat	79
Cholesterol	34mg
Sodium	584mg
Total Carbohydrate	29
Fiber	Og
Sugars	19
Protein	6g

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HOT DOG

34mg 584mg 2g 0g **Corner Store Total Carbohydrate** \$1.59 Saturated Fat Cholesterol Sodium Fiber Sugars Protein

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Corner Store \$1.59

HOT DOG

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

1 PROTEIN, 3 FAT



HOT DOG

Corner Store \$1.59

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

1 PROTEIN, 3 FAT



HOT DOG

Corner Store \$1.59

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

1 PROTEIN, 3 FAT



HOT DOG

Corner Store \$1.59

Calories	185
Total Fat	17g
Saturated Fat	7g
Cholesterol	34mg
Sodium	584mg
Total Carbohydrate	2g
Fiber	Og
Sugars	1g
Protein	0

1 PROTEIN, 3 FAT



HOT DOG

Corner Store

	ь П
Calories Total Fat	17g
Saturated Fat	7g
Cholesterol	34mg
Sodium	584mg
Total Carbohydrate	2g
Fiber	Og
Sugars	1 ₉
Protein	6 g

1 PROTEIN, 3 FAT



POTATO CHIPS

Corner Store

	154	0.5g	1g	Omg	128mg	14.5g	1g	Og	29
\$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	Total Carbohydrate	Fiber	Sugars	Protein



POTATO CHIPS

v	154	0.5g	1g	Omg	128mg	14.5g	1g	Og	2g
Corner Store \$1.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



Omg

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2 FAT

2 FAT

2 FAT

2 FAT



POTATO CHIPS

Corner Store

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



POTATO CHIPS

Corner Store

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



POTATO CHIPS

Corner Store

\$1.Z5	
Calories	154
Total Fat	0.5g
Saturated Fat	1g
Cholesterol	Omg
Sodium	128mg
Total Carbohydrate	14.5g
Fiber	19
Sugars	Og
Protein	2g



POTATO CHIPS

- Corner Store

41.KS	
Calories	154
Total Fat	0.5g
Saturated Fat	Jg
Cholesterol	Omg
Sodium	128mg
Total Carbohydrate	14.5g
Fiber	1g
Sugars	Og
Protein	2g

2 FAT

2 FAT

2 FAT

2 FAT



2% MILK

Corner Store	\$1.25

(1:+	
Calories	122
Total Fat	5g
Saturated Fat	39
Cholesterol	20mg
Sodium	115mg
Total Carbohydrate	12g
Fiber	Og
Sugars	12g
Protein	89





2% MILK

Corner Store .

():+	
Calories	122
Total Fat	5 g
Saturated Fat	39
Cholesterol	20mg
Sodium	115mg
Total Carbohydrate	12g
Fiber	Og
Sugars	12g
Protein	89

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2% MILK

Corner Store \$1.25

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

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2% MILK

Corner Store \$1.25

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

1 DAIRY, 1 PROTEIN, 1 FAT



2% MILK

2% MILK

Corner Store

\$1.25

\$1.25

Corner Store

Calories	122
Total Fat	59
Saturated Fat	39
Cholesterol	20mg
Sodium	115mg
Total Carbohydrate	12g
Fiber	Og
Sugars	12g
Protein	89

115mg

12g

Total Carbohydrate

Sodium

20mg

122 5g 3g

> Saturated Fat Cholesterol

Fotal Fat

1 DAIRY, 1 PROTEIN, 1 FAT

1 DAIRY, 1 PROTEIN, 1 FAT

Sugars Protein



2% MILK

Corner Store \$1.25

Calories	122
Total Fat	5g
Saturated Fat	39
Cholesterol	20mg
Sodium	115mg
Total Carbohydrate	12g
Fiber	Og
Sugars	12g
Protein	80

1 DAIRY, 1 PROTEIN, 1 FAT



2% MILK

Corner Store \$1.25

Calories 122 Total Fat 5g Saturated Fat 3g Cholesterol 20mg Sodium 115mg Total Carbohydrate 12g Fiber 0g Sugars 12g) :	
20 115 drate	Calories	122
20 115 drate	Total Fat	5 g
20 115 hydrate	Saturated Fat	39
arbohydrate 1	Cholesterol	20mg
arbohydrate	Sodium	115mg
-	Total Carbohydrate	12g
-	Fiber	Og
	Sugars	12g
	Protein	89

1 DAIRY, 1 PROTEIN, 1 FAT



25% JUICE

t i	114	0.5g	1g	Omg	10mg	28g	1g	24g	Og
\$0.80	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



25% JUICE

\$0.80 Calories Total Fat Saturated Fat Cholesterol	
Sodium	10mg
Total Carbohydrate	28g
Fiber	1g
Sugars	249
Protein	Og



25% JUICE

Corner Store

	114	0.5g	1g	Omg	10mg	28g	1g	249	Og
\$0.80	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



25% JUICE - Corner Store - \$0.80

	411	0.5g	1g	Omg	10mg	28g	Jg	249	Og
•	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



1 FRUIT

1 FRUIT

1 FRUIT



25% JUICE

		114	0.5g	1g	Omg	10mg	28g	1g	249	Og
Corner Store	\$0.80	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



25% JUICE

Corner Store

40.00	
Calories	114
Total Fat	0.59
Saturated Fat	1g
Cholesterol	Omg
Sodium	10mg
Total Carbohydrate	28g
Fiber	1g
Sugars	24g
Protein	Og



1 FRUIT



25% JUICE

Corner Store

\$0.80	
Calories	114
Total Fat	0.59
Saturated Fat	1g
Cholesterol	Omg
Sodium	10mg
Total Carbohydrate	28g
Fiber	1 _g
Sugars	249
Protein	Og

1 FRUIT



25% JUICE

- Corner Store

\$0.8C	
Calories	114
Total Fat	0.5g
Saturated Fat	19
Cholesterol	Omg
Sodium	10mg
Total Carbohydrate	28g
Fiber	19
Sugars	249
Protein	Og

1 FRUIT



FROZEN PIZZA

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Calories	533
Total Fat	249
Saturated Fat	8.5g
Cholesterol	28mg
Sodium	890mg
Total Carbohydrate	58g
Fiber	49
Sugars	7g
Protein	21g





FROZEN PIZZA

Corner Store 会20日

1:17	
Calories	533
Total Fat	249
Saturated Fat	8.59
Cholesterol	28mg
Sodium	890mg
Total Carbohydrate	58g
Fiber	49
Sugars	7g
Protein	21g

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4 GRAIN, 5 FAT, 3 PROTEIN



FROZEN PIZZA

FROZEN PIZZA

Corner Store

\$2.25

Corner Store

24g 8.59 28mg 890mg 58g 49

> Saturated Fat Cholesterol Sodium

Total Carbohydrate

Sugars Protein

Fiber

Z
PROT
AT, 3
N, 5F
GRAI
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4 GRAIN, 5 FAT, 3 PROTEIN



FROZEN PIZZA

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Calories	533
Total Fat	249
Saturated Fat	8.59
Cholesterol	28mg
Sodium	890mg
Total Carbohydrate	58g
Fiber	49
Sugars	7g
Drotein	27.0

4 GRAIN, 5 FAT, 3 PROTEIN



FROZEN PIZZA

FROZEN PIZZA

Corner Store

\$2.25

Corner Store \$2.25

111	
Calories	533
Total Fat	246
Saturated Fat	8.59
Cholesterol	28mg
Sodium	890mg
Total Carbohydrate	586
Fiber	4
Sugars	7
Protein	219

890mg 58g

Total Carbohydrate

Sodium

24g 8.5g 28mg

> Saturated Fat Cholesterol

Total Fat

4 GRAIN, 5 FAT, 3 PROTEIN

4 GRAIN, 5 FAT, 3 PROTEIN

Protein Sugars



FROZEN PIZZA

Store	25
Corner	\$2.

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

4 GRAIN, 5 FAT, 3 PROTEIN



BLACK COFFEE

Corner Store

\$0.75 Calories Total Fat	0 0
Saturated Fat Cholesterol	90 Omg
Sodium Total Carbohydrate	Omg Og
Fiber	0 O
Protein	60 0



BLACK COFFEE

Corner Store

	0 0 0 0 0 0 0
Total Carbohydrate Fiber Sugars Protein	0 0 0 0



BLACK COFFEE

di di	0	Og	Og	Omg	Omg	Og	Og	Og	Og
Sorner Store \$50.75	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



BLACK COFFEE

Corner Store

	0	Og	Og	Omg	Omg	Og	Og	Og	Og
\$0.75	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 EXTRA

1 EXTRA

1 EXTRA

1 EXTRA



BLACK COFFEE

	0	Og	Og	Omg	Omg	Og	Og	Og	Og	
\$0.75	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

Corner Store



BLACK COFFEE

· Corner Store

\$0.75	
Calories	0
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	OO

1 EXTRA

1 EX

1 EXTRA

Protein Sugars



BLACK COFFEE

BLACK COFFEE

Corner Store \$0.75

Corner Store

	0	Og	Og	Omg	Omg	90	Og	Og	Og
01.04	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

0 0 E E O O O O

Total Carbohydrate

Sodium

Saturated Fat Cholesterol

Total Fat

4
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t

1 EXTRA



WHITE BREAD

D D	80	1g	Og	Omg	147mg	15g	Jg	2g	39
\$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



WHITE BREAD

Corner Store

•	80	1g	Og	Omg	147mg	15g	19	29	39
UN.OA	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



WHITE BREAD

Corner Store

	80	1g	Og	Omg	147mg	15g	1g	2g	39
#C.N.D	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



WHITE BREAD

Corner Store

	80	1g	Og	Omg	147mg	15g	19	29	39
\$0.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 GRAIN

1 GRAIN

1 GRAIN

1 GRAIN



WHITE BREAD

Corner Store

40.VS	
Calories	80
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	147mg
Total Carbohydrate	15g
Fiber	1g
Sugars	2g
Protein	3g





WHITE BREAD

Corner Store

\$0.Z2	
Calories	80
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	147mg
Total Carbohydrate	15g
Fiber	1g
Sugars	29
Protein	39



1 GRAIN

1 GRAIN



WHITE BREAD

Corner Store

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WHITE BREAD - Corner Store

\$0.25	
Calories	80
Total Fat	1 ₀
Saturated Fat	Og
Cholesterol	Omg
Sodium	147mg
Total Carbohydrate	15g
Fiber	1g
Sugars	2g
Protein	30

1 GRAIN



BANANA

Corner Store

Sugars 14g Protein 1g	Calories Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Fiber	0.59 0.59 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
	Sugars	14g
	Protein	1g



WIC

BANANA

41	105	0.5g	Og	Omg	1mg	27g	3g	14g	1g
Sorner Store \$1.10	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



BANANA



Og Omg 1mg 27g 3g 14g **Corner Store** Total Carbohydrate \$1.10 Saturated Fat Cholesterol **Total Fat** Calories Sodium Protein Sugars Fiber



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BANANA **Corner Store**

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2 FRUIT

2 FRUIT

2 FRUIT



WIC

BANANA

- Corner Store ————————————————————————————————————	ories 105	il Fat 0.5g	Saturated Fat Og	lesterol Omg	ium 1mg	Total Carbohydrate 27g	30
	Calories	Total Fat	Saturat	Cholesterol	Sodium	Total C	Fiber





BANANA

Corner Store

\$ 1.10		
Calories	105	
Total Fat	0.5g	
Saturated Fat	Og	
Cholesterol	Omg	
Sodium	1mg	
Total Carbohydrate	27g	
Fiber	3g	
Sugars	14g	
Protein	1g	











WIC



BANANA

Corner Store

\$1.10



Omg

0.5g Og

Saturated Fat

Total Fat

Calories

Cholesterol

Sodium

1mg 27g 3g

Total Carbohydrate

14g

2 FRUIT

2 FRUIT

2 FRUIT

Protein Sugars

14g

Protein

Sugars

Fiber

2 FRUIT



BURRITO

Đ.	379	119	4	Omg	1042mg	58g	89	39	14g	
\$3.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

2 PROTEIN, 2 FAT, 4 GRAIN, 1 DAIRY



BURRITO

ā	379	119	49	Omg	1042mg	58g	89	39	14g
Corner Store \$3.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

2 PROTEIN, 2 FAT, 4 GRAIN, 1 DAIRY



49 58g 89 3g Omg 1042mg **Corner Store** \$3.25 **Total Carbohydrate** Saturated Fat Cholesterol **Total Fat** Sodium Sugars Protein Fiber

2 PROTEIN, 2 FAT, 4 GRAIN, 1 DAIRY



Protein 14g PROTEIN, 2 FAT, 4 GRAIN, 1 DAIRY



BURRITO

ı	
- Corner Store	\$3.25

Calories	379
Total Fat	11g
Saturated Fat	4g
Cholesterol	Omg
Sodium	1042mg
Total Carbohydrate	58g
Fiber	89
Sugars	3g
Protein	14g

2 PROTEIN, 2 FAT, 4 GRAIN, 1 DAIRY



BURRITO Corner Store

	379	11g	49	Omg	1042mg	58g	89	39	14g
\$3.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

2 PROTEIN, 2 FAT, 4 GRAIN, 1 DAIRY



BURRITO

<u> </u>	379	11g	49	Omg	1042mg	58g	89	3g	14 ^α
\$3.25	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

2 PROTEIN, 2 FAT, 4 GRAIN, 1 DAIRY



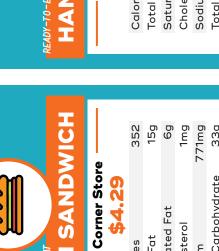
	v v	379	11g	49	Omg	1042mg	58g	89	39	14g
\$3.25 Calories Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Fiber Sugars	\$3.25	Calories	Total Fat	Saturated Fat	Cholesterol		Total Carbohydrate	Fiber	Sugars	Protein

2 PROTEIN, 2 FAT, 4 GRAIN, 1 DAIRY



HAM SANDWICH

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





HAM SANDWICH

Corner Store

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

PROTEIN, 3 FAT, 2 GRAIN, 1 DAIRY	
FAT, 2 GI	
FAT, 2 GI	DAIRY
FAT, 2 GI	_
FAT, 2 GI	AIN,
FAT,	ত
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PROTEIN, 3	FAT,
PROTEIN,	ო
	PROTEIN,

3 PROTEIN, 3 FAT, 2 GRAIN, 1 DAIRY



HAM SANDWICH

Corner Store

HAM SANDWICH

Corner Store

\$4.29

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

69 1mg 771mg 33g Og

Saturated Fat Cholesterol

Total Fat Calories

Total Carbohydrate

Sugars Protein

Fiber

Sodium

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

3 PROTEIN, 3 FAT, 2 GRAIN, 1 DAIRY



HAM SANDWICH

Đ	352	15g	6g	1mg	771mg	33g	Og	Og	270
\$4.29	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

3 PROTEIN, 3 FAT, 2 GRAIN, 1 DAIRY



HAM SANDWICH

HAM SANDWICH

Corner Store

\$4.29

Corner Store

	352	15g	6g	1mg	771mg	339	Og	Og	21g
\$4.73	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

6g 1 mg

Saturated Fat Cholesterol

Total Fat

352 15g 33g

Total Carbohydrate

Sodium

771mg

3 PROTEIN, 3 FAT, 2 GRAIN, 1 DAIRY

3 PROTEIN, 3 FAT, 2 GRAIN, 1 DAIRY

Protein Sugars



HAM SANDWICH

Corner Store	e e
\$4.29	
Calories	352
Total Fat	15g
Saturated Fat	6 g
Cholesterol	1mg
Sodium	771mg
Total Carbohydrate	33g
Fiber	Og
Sugars	Og
Protein	21g

3 PROTEIN, 3 FAT, 2 GRAIN, 1 DAIRY





MAC & CHEESE

FREE		20	(
orie	Food Pantry FREE	ories	

Calories	204
Total Fat	99
Saturated Fat	49
Cholesterol	14mg
Sodium	397mg
Total Carbohydrate	24g
Fiber	2g
Sugars	2g
Protein	89



MAC & CHEESE

<u></u>		204	99	49	14mg	397mg	24g	2g	2g	89
Food Fantry	FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein
		ŏ	۴	Š	Ö	S	۴	Ē	S	٣

1 DAIRY
2 FAT,
PROTEIN,
GRAIN, 1
m

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY



MAC & CHEESE

MAC & CHEESE

- Food Pantry

FREE

Food Pantry · FREE

204	9 0	49	14mg	397mg	24g	2g	2g	89	
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

397mg

Total Carbohydrate

Sugars Protein

Fiber

Saturated Fat Cholesterol Sodium

DAIRY
2 FAT, 1
ROTEIN,
GRAIN, 1 P
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3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY



MAC & CHEESE

- Food Pantry

FREE

Calories	204
Total Fat	96
Saturated Fat	49
Cholesterol	14mg
Sodium	397mg
Total Carbohydrate	249
Fiber	2g
Sugars	2g
Protein	89

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY



MAC & CHEESE

MAC & CHEESE

Food Pantry

FREE

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397mg

249

Total Carbohydrate

4g 14mg

Saturated Fat Cholesterol

Total Fat

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY

Sugars Protein



MAC & CHEESE

Food Pantry FREE

1
99
49
14mg
397mg
24g
2g
2g
89
(.)

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY



PASTA

Food Pantry -

FREE	
Calories	221
Total Fat	1g
Saturated Fat	Og
Cholesterol	Omg
Sodium	1mg
Total Carbohydrate	43g
Fiber	39
Sugars	1g
Protein	89



PASTA

	221	19	Og	Omg	1mg	43g	39	19	89
Food Pantry FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



PASTA

	221	1	Og	Omg	1mg	43g	3g	1 g	89	
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	2 GRAIN



PASTA

	221	19	Og	Omg	1mg	439	39	19	89
Food Pantry FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

2 GRAIN



PASTA

Food Pantry

FREE	
Calories	221
Total Fat	19
Saturated Fat	Og
Cholesterol	Omg
Sodium	1mg
Total Carbohydrate	439
Fiber	39
Sugars	19
Protein	00



2 GRAIN

2 GRAIN

PASTA

	221	1	Og	Omg	1mg	43g	39	D	89
Food Pantry FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



PASTA

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



PASTA

- Food Pantry	
FREE	
Calories	221
Total Fat	<mark>1</mark>
Saturated Fat	Og
Cholesterol	Omg
Sodium	1mg
Total Carbohydrate	4 3g
Fiber	39
Sugars	1g
Protein	89

2 GRAIN

2 GRAIN

2 GRAIN

2 GRAIN



FOMATO SAUCE

Food Pantry -

דאה	
Calories	06
Total Fat	3g
Saturated Fat	0.59
Cholesterol	O mg
Sodium	470mg
Total Carbohydrate	13g
Fiber	49
Sugars	9g
Protein	2g



TOMATO SAUCE

Food Pantry

דאחת	06	39	d Fat 0.5g	rol O mg	470mg	Total Carbohydrate 13g	4	66	2g
	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Car	Fiber	Sugars	Protein



TOMATO SAUCE

Food Pantry

	06	3g	0.59	O mg	470mg	13g	49	9g	2g
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



- Food Pantry FREE

FOMATO SAUCE

39	0.59	O mg	470mg	te 13g	4	9g	2g	
Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE



Pantry	O	(.)	
	lories	tal Fat	to I be a tour of

lotal Fat	S S
Saturated Fat	O.5g
Cholesterol	O mg
Sodium	470mg
Total Carbohydrate	13g
Fiber	49
Sugars	9g
Protein	20

1 VEGETABLE



TOMATO SAUCE

TOMATO SAUCE

TOMATO SAUCE

Food Pantry -

FREE

- Food Pantry

FREE

Calories	06
Total Fat	3g
Saturated Fat	0.5g
Cholesterol	O mg
Sodium	470mg
Total Carbohydrate	13g
Fiber	4g
Sugars	9g
Protein	2g

470mg O mg

Sodium

470mg

13g 49

Total Carbohydrate

Sodium

0.59

Saturated Fat Cholesterol

Saturated Fat Cholesterol

Total Fat Calories

Total Fat Calories

90 39 O.5g O mg

1 VEGETABLE



13g	49	99	2g
Total Carbohydrate	Fiber	Sugars	Protein

1 VEGETABLE

1 VEGETABLE

Protein

Sugars



WHITE BREAD

>	80	1g	Og	Omg	147mg	15g	1g	2g	3g
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



WHITE BREAD

Food Pantry

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



WHITE BREAD

- Food Pantry

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



WHITE BREAD Food Pantry

	80	1	Og	Omg	147mg	15g	19	2g	3g
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 GRAIN

1 GRAIN

1 GRAIN

1 GRAIN



WHITE BREAD

Food Pantry -



WHITE BREAD

Food Pantry

	80	J _Q	Og	Omg	147mg	15g	19	2g	39
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



WHITE BREAD

- Food Pantry

FREE	
Calories	80
Total Fat	19
Saturated Fat	Og
Cholesterol	Omg
Sodium	147mg
Total Carbohydrate	15g
Fiber	1 g
Sugars	2g
Protein	3g



WHITE BREAD

Food Pantry

FREE	
Calories	80
Total Fat	19
Saturated Fat	Og
Cholesterol	Omg
Sodium	147mg
Total Carbohydrate	15g
Fiber	19
Sugars	2g
Protein	30

1 GRAIN

1 GRAIN

1 GRAIN

1 GRAIN



WIC

BLACK BEANS





WIC

BLACK BEANS

>	164	0.59	Og	Omg	691mg	30g	12g	0.59	11g
FREE FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

Food Pantry



WIC

00

BLACK BEANS

BLACK BEANS

Food Pantry

FREE

FREE	
Calories	164
Total Fat	0.5g
Saturated Fat	Og
Cholesterol	Omg
Sodium	691mg
Total Carbohydrate	30g
Fiber	12g
Sugars	0.5g
Protein	11g
1 PROTEIN, 1 VEGETABLE	rable

0.5g

Og Omg

Saturated Fat

Total Fat

Calories

Cholesterol

Sodium

691mg 30g 12g 0.59

Total Carbohydrate

Sugars

Fiber

Protein

1 PROTEIN, 1 VEGETABLE







WIC

000





BLACK BEANS

164 0.5g Og Omg 691mg 30g 0.5g 12g Food Pantry Total Carbohydrate FREE Saturated Fat Cholesterol **Total Fat** Calories Sodium Sugars Fiber

0.59 Og Omg

164

FREE

30g

691mg

0.59

12g

WIC

WIC

1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE

BLACK BEANS

BLACK BEANS

Food Pantry

FREE

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

Omg 691mg 30g 12g 0.5g

Total Carbohydrate

Sodium

0.5g Og

> Saturated Fat Cholesterol

Total Fat Calories

1 PROTEIN, 1 VEGETABLE

1 PROTEIN, 1 VEGETABLE

Protein

Sugars

Food Pantry Total Carbohydrate Saturated Fat Cholesterol **Total Fat** Calories Sodium Sugars Fiber

1 PROTEIN, 1 VEGETABLE

Protein

1 PROTEIN, 1 VEGETABLE

Protein





BROWN RICE

Food Pantry	FREE

Calories	218
Total Fat	2g
Saturated Fat	O.5g
Cholesterol	Omg
Sodium	2mg
Total Carbohydrate	46g
Fiber	49
Sugars	Og
Protein	5g





WIC

BROWN RICE

	218	29	0.59	Omg	2mg	46g	49	Og	5g
FREE FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



WIC **BROWN RICE**

Food Pantry FREE

218	29	0.59	Omg	2mg	ate 46g	4	Og	59
Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

WIC

BROWN RICE

Food Pantry

3 GRAIN

3 GRAIN

3 GRAIN

3 GRAIN

















WIC





BROWN RICE

BROWN RICE

BROWN RICE

Food Pantry

FREE

Food Pantry

FREE

Food Pantry

FREE

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FREE

Calories	218
Total Fat	29
Saturated Fat	0.59
Cholesterol	Omg
Sodium	2mg
Total Carbohydrate	46g
Fiber	49
Sugars	Og
Protein	59

0.5g

Saturated Fat Cholesterol

0.5g Omg 2mg 46g

Saturated Fat Cholesterol

O.5g Omg 2mg 46g

Saturated Fat Cholesterol

Total Fat Calories

2g

Total Fat Calories

Total Fat Calories

Omg

2mg 46g 49

Total Carbohydrate

Total Carbohydrate

Total Carbohydrate

Sodium

Sodium

Fiber

Sodium

3 GRAIN

Sugars Protein

0g 5g

Protein

Sugars Fiber

3 GRAIN

3 GRAIN

Protein

Sugars









ANNED

TUNA

Food Pantry — FREE

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



Food Pantry FREE

ANDT



TUNA-Food Pantry

	158	79	1 ₀	26mg	337mg	Og	Og	Og	239
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



- Food Pantry FREE

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

3 PROTEIN

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3 PROTEIN



TUNA



ries 158	l Fat 7g	Saturated Fat 1g	Cholesterol 26mg	um 337mg	Total Carbohydrate Og	r Og	ars	ein 23a
Calories	Total Fat	Satur	Chole	Sodium	Total	Fiber	Sugars	Protein



TUNA

Food Pantry

FREE	
Calories	158
Total Fat	79
Saturated Fat	19
Cholesterol	26mg
Sodium	337mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Drotein	780



NED

TUNA

Food Pantry – FREE

 Calories
 158

 Total Fat
 7g

 Saturated Fat
 1g

 Cholesterol
 26mg

 Sodium
 337mg

 Total Carbohydrate
 0g

 Fiber
 0g

 Sugars
 0g

 Protein
 23g

3 PROTEIN

VED

TUNA

- Food Pantry · FREE

 Calories
 158

 Total Fat
 7g

 Saturated Fat
 1g

 Cholesterol
 26mg

 Sodium
 337mg

 Total Carbohydrate
 0g

 Fiber
 0g

 Sugars
 0g

 Protein
 23g

3 PROTEIN

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Protein 3 PROTEIN



BROCCOL

ntry	Ш	31	Og	Og	Omg	30mg
Food Pantry	FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium

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Protein

2.5g 1.5g 2.5g

Total Carbohydrate

Fiber



BROCCOLI



BROCCOL

-Food Pantry

	31	Og	Og	Omg	30mg	6g	2.5g	1.5g	2.5g
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



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BROCCOLI

Food Pantry———— FREE	31	ıt Og	+ DO -
F00	Calories	Total Fat	Saturated Fat

Calories	ω 7
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	30mg
Total Carbohydrate	6 9
Fiber	2.5g
Sugars	1.5g
Protein	2.5g

1 VEGETABLE



BROCCOLI

Food Pantry

	31	Og	Og	Omg	30mg	69 •	2.5g	1.59	2.59
FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein

1 VEGETABLE



BROCCOLI

FREE	
Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	30mg
Total Carbohydrate	6g
Fiber	2.5g
Sugars	1.5g
Protein	2.5g

1 VEGETABLE



BROCCOLI

		31	Og	Og	Omg	30mg	6 g	2.5g	1.5g	2.5g
— Food Pantry	FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	er	Sugars	Protein
		Ca	Tot	Sat	Ç	So	Tot	Fiber	Suç	Pro

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2.5g



CARROTS

Food Pantry	
FREE	
Calories	52
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	88mg
Total Carbohydrate	12g
Fiber	49
Sugars	6g
Protein	1g



CARROTS

-Food Pantry

FREE	
Calories	52
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	88mg
Total Carbohydrate	12g
Fiber	49
Sugars	6 g
Protein	Jg



CARROTS

-Food Pantry

Calories 52 Total Fat 0g Saturated Fat 0g Cholesterol 0mg Sodium 88mg Total Carbohydrate 12g Fiber 4g Sugars 6g	FREE	
ed Fat erol 88 arbohydrate	Calories	52
erol C erol 88 arbohydrate	Total Fat	Og
erol 888 arbohydrate	Saturated Fat	Og
88 arbohydrate	Cholesterol	Omg
arbohydrate	Sodium	88mg
	Total Carbohydrate	12g
	Fiber	49
	Sugars	6 9
	Protein	1g



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CARROTS

-Food Pantry

FREE	
Calories	25
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	88mg
Total Carbohydrate	12g
Fiber	49
Sugars	6g
Protein	1g



CARROTS

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

Service of the servic

CARROTS

- Food Pantry

-Food Pantry

Calories 52 Total Fat 0g Saturated Fat 0g Cholesterol 0mg Sodium 88mg Total Carbohydrate 12g Fiber 4g Sugars 6g	FREE	
0 88 drate	Calories	52
88 drate	Total Fat	Og
erol 0 88 arbohydrate 7	Saturated Fat	Og
88 arbohydrate	Cholesterol	Omg
arbohydrate	Sodium	88mg
	Total Carbohydrate	12g
	Fiber	49
	Sugars	6g
	Protein	1g

1 VEGETABLE

1 VEGETABLE

1 VEGETABLE



1 VEGETABLE



SWEET POTATO

Food Pantry	
FREE	
Calories	79
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	40mg
Total Carbohydrate	26g
Fiber	4g
Sugars	96
Protein	2g



SWEET POTATO

		79	Og	Og	Omg	40mg	26g	4g	96	2g
L	FREE FREE	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein



SWEET POTATO FRESH

40mg 26g 49 Og Omg -Food Pantry Total Carbohydrate FREE Saturated Fat Cholesterol **Total Fat** Calories Sodium Fiber

9g 2g

Sugars Protein 1 VEGETABLE

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SWEET POTATO

Food Pantry

	79	Og	Og	Omg	40mg	26g	4g	96	2g	
TATT	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	



SWEET POTATO

Food Pantry

	79	Og	Og	Omg	40mg	26g	4	99	2g	
TXFF	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugars	Protein	

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26g

Total Carbohydrate

Sugars Protein

Fiber

49

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FRESH

1 VEGETABLE



SWEET POTATO

Food Pantry

FREE	
Calories	79
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	40mg
Total Carbohydrate	26g
Fiber	49
Sugars	96
Protein	0

1 VEGETABLE

MEAL TICKET

Community Kitchen



1 GRAIN, 1 VEGGIE

MEAL TICKET

Community Kitchen —



1 GRAIN, 1 VEGGIE

MEAL TICKET

Community Kitchen

Community Kitchen

MEAL TICKET



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1 GRAIN, 1 VEGGIE

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MEAL TICKET

Community Kitchen



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MEAL TICKET

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