

## JF&CS Family Table Cereal Donation Guide

At the store, just get two:



**My Family**      **Family Table**

Nutrition Criteria	Examples
<p>Look for these as the <b>first ingredient</b>:</p> <ul style="list-style-type: none"> <li>• “whole wheat”</li> <li>• “whole grain”</li> <li>• “whole [name of grain]”</li> <li>• “100% whole”</li> </ul> <p>- and -</p> <p>Look for <b>six grams of sugar or less</b> per one ounce (30 gram) weight serving.</p>	<ul style="list-style-type: none"> <li>• All Bran Complete Wheat Flakes</li> <li>• Barbara’s Brown Rice Crisps</li> <li>• Cheerios (Regular or Multigrain)</li> <li>• Chex: Rice or Wheat</li> <li>• Grape Nuts : Original or Flakes</li> <li>• Kashi (some varieties meet nutrition criteria)</li> <li>• Kix (Original or Honey)</li> <li>• Life (Regular)</li> <li>• Post Wheat Bran Flakes</li> <li>• Shredded Wheat (NOT frosted)</li> <li>• Total (Regular)</li> <li>• Wheaties (Regular)</li> </ul> 



Snap a picture of this list as a convenient reminder for your next shopping trip!