

YOGURT

If you are selecting yogurt, follow this menu (per child, per week):

Choose different whole grains, fruits and vegetables, each time you select yogurt, to allow for variety.

Protein	Whole Grain (choose 1)	Fruit* (choose 4)	Vegetable* (choose 4)	Milk (choose 1)
<input type="checkbox"/> Yogurt (minimum size 650g)	These count as 1: <input type="checkbox"/> 1 box Instant plain oatmeal (6x 28g packages) <input type="checkbox"/> Minimum 200-400g (6 cups) of cereal that meets nutrition standards (see page 6)	These count as 1: <input type="checkbox"/> Orange <input type="checkbox"/> Apple <input type="checkbox"/> Banana <input type="checkbox"/> Pear <input type="checkbox"/> Plum <input type="checkbox"/> Peach <input type="checkbox"/> Nectarine <input type="checkbox"/> Grapefruit <input type="checkbox"/> Kiwi <input type="checkbox"/> Raisins (¼ cup) These count as 2: <input type="checkbox"/> 398ml canned fruit These count as 3: <input type="checkbox"/> 500g bag of frozen fruit These count as 4: <input type="checkbox"/> 1 Melon (watermelon, cantaloupe, honeydew) <input type="checkbox"/> 1 Pineapple	These count as 1: <input type="checkbox"/> Carrot <input type="checkbox"/> Tomato These count as 2: <input type="checkbox"/> 1 Bell pepper These count as 4: <input type="checkbox"/> 1 Cucumber <input type="checkbox"/> 1 Broccoli crown <input type="checkbox"/> 1 Cauliflower crown <input type="checkbox"/> 1 Head of celery	<input type="checkbox"/> 1L Skim, 1% or 2% white milk OR <input type="checkbox"/> 1L Plain fortified soy beverage (as indicated)

*fruit and vegetable options listed are to generate ideas and give examples of serving sizes. This is not an exclusive list of options that can be offered, other whole, canned and frozen fruit options can be considered.

Example: amounts for purchasing for a family with one child:

Protein Source	Whole Grain Options	Fruit Options	Vegetable Options	Milk
650g 2% vanilla yogurt	1 box plain instant oatmeal packets	1 apple 1 banana 1 pear ¼ cup raisins	1 cucumber	1L Skim, 1% or 2% white milk
650g 2% vanilla yogurt	350g box Cheerios (original)	500g bag of frozen fruit 1 peaches	2 carrots 1 bell pepper	1L Skim, 1% or 2% white milk

When providing a box to families with multiple children:

- Consider buying 1.5kg bag of frozen fruit for 2-3 children
- Purchase the appropriate L of milk for the number of children i.e 2L container for 2 children, 4L container for 4 children.

EGGS

If you are selecting eggs, follow this menu (per child, per week):

Choose different whole grains, fruits and vegetables, each time you select yogurt, to allow for variety.

Protein Source	Whole Grain (choose 1)	Fruit* (choose 4)	Vegetable* (choose 4)	Milk (choose 1)
<input type="checkbox"/> Eggs (minimum size 6 eggs)	These count as 1: <input type="checkbox"/> 6x 65g whole grain tortilla/wraps <input type="checkbox"/> 6 whole wheat bagels <input type="checkbox"/> 6 whole wheat English muffins <input type="checkbox"/> 1x 675g loaf of whole wheat bread	These count as 1: <input type="checkbox"/> Orange <input type="checkbox"/> Apple <input type="checkbox"/> Banana <input type="checkbox"/> Pear <input type="checkbox"/> Plum <input type="checkbox"/> Peach <input type="checkbox"/> Nectarine <input type="checkbox"/> Grapefruit <input type="checkbox"/> Kiwi <input type="checkbox"/> Raisins (¼ cup) These count as 2: <input type="checkbox"/> 398ml canned fruit These count as 3: <input type="checkbox"/> 500g Bag of frozen fruit These count as 4: <input type="checkbox"/> 1 Melon (watermelon, cantaloupe, honeydew) <input type="checkbox"/> 1 Pineapple	These count as 1: <input type="checkbox"/> Onion <input type="checkbox"/> Potato <input type="checkbox"/> Sweet potato <input type="checkbox"/> Carrot <input type="checkbox"/> Tomato These count as 2: <input type="checkbox"/> 1 Bell pepper These count as 4: <input type="checkbox"/> 1 Cucumber <input type="checkbox"/> 1 Broccoli crown <input type="checkbox"/> 1 Cauliflower crown <input type="checkbox"/> 1 Head of celery	<input type="checkbox"/> 1L Skim, 1% or 2% white milk OR <input type="checkbox"/> 1L Plain fortified soy beverage (as indicated)

*fruit and vegetable options listed are to generate ideas and give examples of serving sizes. This is not an exclusive list of options that can be offered, other whole, canned and frozen fruit options can be considered.

Example: amounts for purchasing for a family with one child:

Protein Source	Whole Grain Options	Fruit Options	Vegetable Options	Milk
Eggs (6 carton)	1x 675g loaf of whole wheat bread	1 apple 1 banana 1 pear 1 orange	1 tomato 1 onion 1 potato 1 carrot	1L Skim, 1% or 2% white milk
Eggs (6 carton)	6 whole wheat English muffins	1 kiwi 1 grapefruit 1 apple 1 banana	1 broccoli crown	1L Skim, 1% or 2% white milk

When providing box to families with multiple children:

- 12 carton of eggs for 2 children, 18 carton of eggs for 3 children. If 6 pack cartons are not available, consider purchasing 12 eggs for 1-2 children, 18 eggs for 3, 24 eggs for 4 children.
- Purchase the appropriate L of milk for the number of children i.e 2L container for 2 children, 4L container for 4 children.

PEANUT/SEED BUTTER OR WOWBUTTER ®

If you are selecting Peanut/Seed Butter or Wowbutter, follow this menu (per child, per week):

Choose different whole grains, fruits and vegetables, each time you select yogurt, to allow for variety.

Protein Source	Whole Grain (choose 1)	Fruit* (choose 4)	Vegetable* (choose 4)	Milk (choose 1)
<input type="checkbox"/> Peanut/seed Butter or Wowbutter (minimum size 160g or 10 Tbsp)	These count as 1: <input type="checkbox"/> 6x 65g whole grain tortilla/wraps <input type="checkbox"/> 6 whole wheat bagels <input type="checkbox"/> 6 whole wheat English muffins <input type="checkbox"/> 1x 675g loaf of whole wheat bread	These count as 1: <input type="checkbox"/> Orange <input type="checkbox"/> Apple <input type="checkbox"/> Banana <input type="checkbox"/> Pear <input type="checkbox"/> Plum <input type="checkbox"/> Peach <input type="checkbox"/> Nectarine <input type="checkbox"/> Grapefruit <input type="checkbox"/> Kiwi <input type="checkbox"/> Raisins (¼ cup) These count as 2: <input type="checkbox"/> 398ml canned fruit These count as 3: <input type="checkbox"/> 500g bag of frozen fruit These count as 4: <input type="checkbox"/> 1 Melon (watermelon, cantaloupe, honeydew) <input type="checkbox"/> 1 Pineapple	These count as 1: <input type="checkbox"/> Carrot <input type="checkbox"/> Tomato These count as 2: <input type="checkbox"/> 1 Bell pepper These count as 4: <input type="checkbox"/> 1 Cucumber <input type="checkbox"/> 1 Broccoli crown <input type="checkbox"/> 1 Cauliflower crown <input type="checkbox"/> 1 Head of celery	<input type="checkbox"/> 1L Skim, 1% or 2% white milk OR <input type="checkbox"/> 1L Plain fortified soy beverage (as indicated)

*fruit and vegetable options listed are to generate ideas and give examples of serving sizes. This is not an exclusive list of options that can be offered, other whole, canned and frozen fruit options can be considered.

Example: amounts for purchasing for a family with one child

Protein Source	Whole Grain	Fruit	Vegetable	Milk
160g (10 Tbsp) Peanut/nut/seed Butter	6 whole wheat bagels	1 watermelon	1 tomato 1 carrot 1 bell pepper	1L Skim, 1% or 2% white milk
160g (10 Tbsp) Peanut/nut/seed Butter	6 whole grain tortilla/wraps	2 bananas 2 oranges	1 tomato 1 carrot 1 bell pepper	1L Skim, 1% or 2% white milk

When providing box to families with multiple children:

- One 500g container of peanut butter can be for 1-3 children per box.
- Purchase the appropriate L of milk for the number of children i.e 2L container for 2 children, 4L container for 4 children.

CHEESE

If you are selecting cheese, follow this menu (per child, per week):

Choose different whole grains, fruits and vegetables, each time you select yogurt, to allow for variety.

Protein Source	Whole Grain (choose 1)	Fruit* (choose 4)	Vegetable* (choose 4)	Milk (choose 1)
<input type="checkbox"/> Hard cheese block (minimum size 120g)	These count as 1: <input type="checkbox"/> 6x 65g whole grain tortilla/wraps <input type="checkbox"/> 6 whole wheat bagels <input type="checkbox"/> 6 whole wheat English muffins <input type="checkbox"/> 1x 675g loaf of whole wheat bread	These count as 1: <input type="checkbox"/> Orange <input type="checkbox"/> Apple <input type="checkbox"/> Banana <input type="checkbox"/> Pear <input type="checkbox"/> Plum <input type="checkbox"/> Peach <input type="checkbox"/> Nectarine <input type="checkbox"/> Grapefruit <input type="checkbox"/> Kiwi <input type="checkbox"/> Raisins (¼ cup) These count as 2: <input type="checkbox"/> 398ml canned fruit These count as 3: <input type="checkbox"/> 500g bag of frozen fruit These count as 4: <input type="checkbox"/> 1 Melon (watermelon, cantaloupe, honeydew) <input type="checkbox"/> 1 Pineapple	These count as 1: <input type="checkbox"/> Onion <input type="checkbox"/> Potato <input type="checkbox"/> Sweet potato <input type="checkbox"/> Carrot <input type="checkbox"/> Tomato These count as 2: <input type="checkbox"/> 1 Bell pepper These count as 4: <input type="checkbox"/> 1 Cucumber <input type="checkbox"/> 1 Broccoli crown <input type="checkbox"/> 1 Cauliflower crown <input type="checkbox"/> 1 Head of celery	<input type="checkbox"/> 1L Skim, 1% or 2% white milk OR <input type="checkbox"/> 1L Plain fortified soy beverage (as indicated)

*fruit and vegetable options listed are to generate ideas and give examples of serving sizes. This is not an exclusive list of options that can be offered, other whole, canned and frozen fruit options can be considered.

Example: amounts for purchasing for a family with one child

Protein Source	Whole Grain Options	Fruit Options	Vegetable Options	Milk
120g Cheese	1x 675g loaf of whole wheat bread	398ml canned peaches (in juice) 2 apples	1 bell pepper 2 potatoes	1L Skim, 1% or 2% white milk
120g Cheese	6 whole wheat bagels	2 nectarines 1 bananas 1 orange	1 cucumber	1L Skim, 1% or 2% white milk

Considerations when providing box to families with multiple children:

- Purchase at least 240g block of hard cheese for 2 children, 360g for 3 children, and 480g for 4 children.
- Purchase the appropriate L of milk for the number of children i.e 2L container for 2 children, 4L container for 4 children.