



FIT KIT 3

Store List:

- **Packages:**
 - **Cascadian Farms Clifford Crunch**
 - **Kashi** Mighty Bites, **Kashi** Heart to Heart
 - **Barbara's Bakery** Shredded Spoonfuls
 - **Frosted Shredded Wheat**
 - Light yogurt container (12 grams of sugar or less)
 - Example: **Dannon Light & Fit** or store brand light
 - **Thomas' Mini Bagels** 100% Whole Wheat
 - Old Fashioned Oats Canister

- **"Cool" ice packs**

- **Insulated lunch bag**
 - **Triscuits**, **Kashi TLC**, All-Bran Crackers
 - **Kashi TLC** Granola bars, All-Bran Cereal Bars
 - **Laughing Cow** Cheese Light Wedges; Mozzarella String Cheese (2%)
 - Snack size package of nuts/seeds (with age recommendation)
 - Sugar Free pudding; Yogurt (12 grams of sugar or less)
 - Lite fruit packs
 - **Healthy Ones** lunchmeat box
 - **Boar's Head** Nutrition Information leaflet
 - 100% Whole wheat bread bag