

↓ healthy

Take a Bite Out of Hunger

December 3rd -21st

The holiday season is just around the corner, so the Chipeta Student Ambassadors are getting things into gear by organizing our canned food drive. This year, we will be participating in Burton Orthodontics' contest to raise nonperishable foods for our community food banks.

The Ambassadors would like to encourage students and families to donate HEALTHY food items. Below are listed various types of food and their point values. The participating school with the most points wins \$1000.00!!!!

10

Protein:
Nut butters, beans, tuna, salmon,
chicken or ham

4

Soups or chilis:
Low-sodium canned soups,
stews or chili with veggies

6

Low-Sugar Fruit:
Canned, dried, 100% juices

4

Healthy Grains:
Rice, pasta, low-sugar oatmeal,
granola, or cereal (less than
of sugar)

6

Vegetables:
Canned vegetable, pumpkin,
yams, veggie soup, low sodium

1

Sometimes Foods:
Foods high in sugar, fat or
sodium (Ramen noodles, cream
soups, jelly)