

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

