

WASHINGTON FOOD COALITION

Children's Backpack Project

PHASE 02

Healthy Food Swaps

Instead of This...	Try This...	Nutrient Differences	Suppliers	HER Ranking
 	 	10-12 vs. 0-5 grams added sugar per serving	Costco	  
 	 	7-11 vs. 0 grams added sugar per serving	Costco, Kroger, and Albertsons	  
 	 	12-16 vs. 0-1 grams added sugar per serving	Costco, Kroger, and Albertsons	  
 	 	refined vs. whole grains 140-370 vs. 0-95 mg sodium	Kroger and Albertsons	  

*DISCLAIMER: Brand names listed are examples only and do not reflect product endorsement. Suppliers listed also do not reflect endorsement of any specific retailers. Product formulations frequently change so always read the nutrition facts on the label to confirm before purchase.

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Instead of This...	Try This...	Nutrient Differences	Suppliers	HER Ranking
		450-520 vs. 40-200 mg sodium per serving	Costco	
		790-1160 vs. 270-440 mg sodium per serving	Costco and Instacart	
		360 vs. 180 mg sodium per serving Peanut butters have same HER ranking but CB's has no added sugar, salt, or oil	CB's (local producer) Kroger, and Albertsons	
		10-28 vs. 0 grams added sugar per serving	Costco	

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Nutrition Tips

Nutrition Tip #1

Look for foods that offer protein and fiber on the Nutrition Facts panel. Both nutrients support children's overall health, helping their bodies grow and their minds stay sharp.

Nutrition Tip #4

Choose foods with the word whole listed first in the ingredients, such as **whole wheat** or **whole grain**. These options tend to be higher in fiber and more filling.

Nutrition Tip #2

When refrigeration is available, fresh fruits and vegetables are among the most requested and enjoyed foods by children.

Apples, oranges, and bananas are great options that don't require refrigeration. Unsweetened applesauce and fruit cups with no added sweeteners are excellent, shelf-stable choices.

Nutrition Tip #5

In the HER system, **foods in the snacks category are never ranked choose often** because they tend to be highly processed and high in sodium and added sugar.

When selecting snacks, look for whole grain options with less than 140 mg of sodium and less than 6 grams of added sugar per serving for a better-for-you, choose sometimes snack.

Nutrition Tip #3

Include items that children can combine into a simple meal at home. Peanut butter, jelly, or tuna pouches paired with a loaf of whole grain bread make an easy, satisfying sandwich. Snacks have their place, but meal-ready combinations make an even bigger difference.

Nutrition Tip #6

Snack foods can be nutritious and are easy to eat on the go.

Plain nuts or popcorn are solid choices. Check the label on granola or fruit bars as many are high in added sugar. Choosing lower-sugar options helps protect kids' teeth.