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- > 2 packs of wipes
  - > 1 bouquet of flowers
  - > 10 bananas
  - > 1 pint of fresh strawberries
  - > 1 bag of fresh spinach
  - > 1 box of wheat thins (or comparable crackers)
  - > 1 quart container of vanilla Greek yogurt
  - > 1 container of all-natural turkey meat (10 pieces or more)
  - > 1 block of real cheddar cheese

**\*\*\*\*please remember to check all labels to ensure products are peanut and nut free!**

**-feel free to add anything to the list that your child loves or that you'd like to share with the class**

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- > 2 packs of wipes
  - > 1 bouquet of flowers
  - > 1 package of rice cakes
  - > 2 boxes of Annie's cheddar bunnies (or comparable brand)
  - > 1 box of raisins
  - > 1 bag of dried banana chips
  - > 1 bag of soft pita bread (10 pieces)
  - > 1 large container of hummus
  - > 2 cucumbers

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- > 2 packs of wipes
  - > 1 bouquet of flowers
  - > 1 loaf of banana bread or 10 muffins (fruit or bran)
  - > 1 bag of grapes
  - > 10 cheese sticks
  - > 1 container of cherry or grape tomatoes
  - > 1 bag of tortilla chips
  - > 1 container of black bean dip
  - > 1 jar of applesauce

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- > 2 packs of wipes
  - > 1 bouquet of flowers
  - > 1 container of Cherry tomatoes
  - > 2 cans of navy beans
  - > 5 Avocados
  - > 2 limes
  - > 2 containers of strawberries
  - > 1 box of granola
  - > 1 quart container of vanilla Greek yogurt
  - > 2 packs of turkey all-natural deli meat
  - > 1 bag of tortilla chips
  - > 1 package of gluten-free wraps (Food Lion)

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- > 2 packs of wipes
- > 1 bouquet of flowers
- > 10 bananas
- > 1 large box of raisins
- > 2 packs of Roasted Chicken deli meat
- > 1 container/quart of fresh pineapple
- > 1 bag of pretzel sticks
- > 3 peppers assorted peppers (orange, yellow and red)
- > 1 package of asparagus
- > 1 container of Marzetta Greek Yogurt Dip with cucumber, dill and Feta (Harris Teeter and Publix)

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- > 2 packs of wipes
- > 1 bouquet of flowers
- > 1 bag of mini bagels
- > 1 container of cream cheese
- > 5 mangos
- > 1 bag of soft gluten-free bread
- > 1 container of sun butter
- > 1 bag of apples
- > Cheddar cheese sticks
- > 1 package of Fig newtons
- > 1 can of black beans

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### **What is gluten?**

A protein found in wheat, rye and barley. All foods that contain these types of grains contain gluten, including bulgur, semolina, durum, spelt, triticale, graham flour, couscous, beer, ale, lager and malt.

### **What foods are naturally gluten-free?**

All fresh fruits and vegetables; meat, poultry & fish; beans and lentils; nuts and seeds; most dairy products (check label for any gluten-containing fillers); and starches such as corn, rice, potato, parsnip, turnip, yucca and all other tubers are naturally gluten-free. Be aware of gluten-containing ingredients that may be used when cooking these foods, such as batter or breading. \*Oats are naturally gluten-free but some are processed in the same facility as wheat so there is potential for cross-contamination from shared production or harvesting equipment.

What are some hidden forms of gluten?

Some products contain gluten, but may not be obvious to the customer without careful scrutiny of the label. These products may indicate the presence of gluten:

Hydrolyzed Vegetable Protein (HVP) or Hydrolyzed Plant Protein (HPP) - unless made from soy or corn; Flour or Cereal Products - unless made with pure rice flour, corn flour, potato flour or soy flour;

Vegetable Protein - unless made from soy or corn;

Malt or Malt Flavoring - unless derived from corn, rice or sorghum malt;

Modified Starch or Modified Food Starch - unless arrowroot, corn, potato or tapioca is used;

Vegetable Gum - unless vegetable gums are carob bean gum (or locust bean gum), cellulose gum, guar gum, gum arabic (or acacia gum), gum tragacanthin, xanthan gum or vegetable starch;

Soy Sauce or Soy Sauce Solids - the label will state if made from wheat.

### **What does "gluten-free" on a food label mean?**

FDA has defined the term "gluten-free" for food labeling as a gluten limit of less than 20 parts per million (ppm).

### **How can I find gluten-free foods in my local Food Lion?**

Food Lion offers a variety of gluten-free products, and makes them easy to find by using a gluten-free symbol on our shelf tags for gluten-free products. Be sure to ask a store associate if you need assistance finding gluten-free items.