



## THE GREAT GRAIN RACE

During the entire month of **FEBRUARY**, Brant Food For Thought is challenging all Student Nutrition Programs to 'Race' to collect as many grain products as you can for your program! This is a great way to raise awareness of your school's Student Nutrition Program while boosting your program with great in-kind donations. Prizes will be awarded to the Top 3 schools! Sign up today by contacting Judy Maidment at [judy@brantfoodforthought.ca](mailto:judy@brantfoodforthought.ca), then enlist your neighbors, teachers, principals, school staff, friends, grandparents, aunts, uncles etc. to help you and your school become the Brant Food For Thought **Great Grain Race Champions**. Good Luck!



**BRANT FOOD FOR THOUGHT**

### MINISTRY APPROVED GRAINS

#### CEREALS:

Shreddies

Multi-Grain  
Cheerios

Life Multigrain

#### CRACKERS:

Original Triscuits

Multigrain Breton

Multigrain Wheat  
Thins

Gold Fish -  
Multigrain

#### GRANOLA BARS:

Chewy Bars (Apple  
Crumble, Peach  
Crumble, Raspberry  
Crumble)

Nature Valley (Lunch  
Box Very Berry)