






JF&CS Family Table Cracker 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>140mg of sodium or less per serving.</p> <p>We also accept whole grain gluten-free crackers made from ingredients like brown rice or corn.</p>	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>Back to Nature Harvest Whole Wheat</p> </div> <div style="text-align: center;">  <p>Triscuit: Reduced Fat or Hint of Salt</p> </div> <div style="text-align: center;">  <p>Crunchmaster Multi-Grain or Multi-Seed Crackers (gluten free)</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p>Wasa Whole Grain Crispbread</p> </div> <div style="text-align: center;">  <p>Finn Crisp Thin Rye Crispbread Crackers</p> </div> </div>



Snap a picture of this list as a convenient reminder for your next shopping trip!