



Fuel for a Healthy Body, Mind & Spirit: Nutritious Breakfast & Snack Alternatives for Faith Communities

Resources for Faith Communities

Breakfast

Breakfast is the most important meal of the day. According to the Mayo Clinic, adults and children alike can look to breakfast-- particularly a healthy breakfast- to improve concentration and productivity, enhance strength and endurance, and help maintain a healthy weight and lower cholesterol. The list below is a short list of breakfast products and ideas to help your faith community start its morning together off right, but remember the number of healthy breakfast options are truly limitless as long as its rich in at least three of the following: fruits and vegetables, whole grains, low-fat dairy, and protein.

Breakfast items easy to find or make quickly:

- Banana chips
- Fruit of all kinds (Faith members can bring in fruit or vegetables grown in their own backyard to share with others. This is a very inexpensive healthy breakfast snack!)
- Smoothies
- Whole-grain waffles and peanut butter
- Yogurt and whole grain cereal

Pre-packaged items ready to go at Costco:

- Dole *Fruit Bowls*
- General Mills *Fiber One Chewy Bars* (Oats & Apple Streusel, Chocolate Mocha, Oats & Chocolate, Oats & Caramel, Oats & Peanut Butter, Oats & Strawberry with Almonds)
- General Mills *Nature Valley Granola Bars* (Apple Crisp, Cinnamon, Maple Brown Sugar, Oats' n Honey, Peanut Butter, etc.)
- Kashi *GOLEAN Chewy Bars* (Oatmeal Raisin Cookie, Cherry Dark Chocolate, Honey Almond Flax, Peanut Peanut Butter, Trail Mix, Pumpkin Spice Flax, Almond Crunch, etc.) Kellogg's *Nutri-Grain Cereal Bars* (Apple Cinnamon, Blackberry, Blueberry, Strawberry, Raspberry, Apple Cobbler, Yogurt Bar, etc.) Quaker *Oatmeal Express* (Instant), *Oatmeal to Go for Kids*, *Oatmeal to Go*, *Oatmeal* (Original, Maple & Brown Sugar, Baked Apple, etc.)

Snacks

Snacks can play an important role in establishing a healthy diet. The Mayo Clinic reports that snacks can give people the fuel they need to make it through the day, manage hunger, and reduce binge eating. Faith communities should remember that healthy snacks similar to a healthy breakfast should consist of whole grains, fruits and vegetables, nuts and seeds, and/or low-fat dairy products. Healthy snacks are listed below.

Snack items easy to find or make quickly:

- Any of the breakfast items listed on the left
- Applesauce
- Pita and hummus
- Vegetables and peanut butter
- Fruit flavored or plain nonfat yogurt topped with granola
- Apple slices and peanut butter
- Whole-grain pita pockets filled with fruit or vegetables
- Peanut butter spread on celery sticks topped with raisins "ants on a log"
- Fruit or vegetable kabobs with cubes of low-fat cheese

Pre-packaged items ready to go at Costco:

- Dole *Raisins*
- David's *Sunflower Seeds*
- Florida's Natural *Fruit Juice Snacks*
- Healthy Choice *Low Fat Fudge Bars*
- Healthy Choice *Sorbet & Cream Bars*
- Kirkland *Pistachios*
- Kirkland *Rice Crackers & Nuts*
- Kirkland *Roasted & Salted Peanuts*
- Kirkland *Signature Crunchy Snack*
- Planters *Salted Peanuts*
- String Cheese
- Utz's *Pretzel Stix*

Price Comparison of Costco Breakfast & Snack Foods

Serving healthy snacks and breakfast foods to your faith community does not need to be expensive. There are many healthy items to choose from that cost less than \$.50 cents per serving. For example, serving granola bars at church services or functions may be less expensive than serving foods like donuts. On average a dozen donuts costs \$7.73 or about \$.64 cents per serving. Listed below are a few examples of healthy options available at Costco.

COSTCO Breakfast Foods	Price Per Box	# Of People Serves	Price per Serving
General Mills <i>Nature Valley Granola Bars</i>	\$11.48	48	\$0.24
Kashi <i>GOLEAN Chewy Bars</i> (Honey Almond Flax, Peanut Butter & Trail Mix)	\$11.79	25	\$0.47
General Mills <i>Fiber One Chewy Bars</i> (Chocolate Chip)	\$9.59	30	\$0.32
Kelloggs <i>Nutri-grain Cereal Bars</i> (Apple Cinnamon, Blueberry & Strawberry)	\$11.39	48	\$0.24
Quaker <i>Instant Oatmeal</i>	\$9.99	55	\$0.18
Dole <i>Fruit Bowls</i>	\$7.99	20	\$0.40

COSTCO Snack Foods	Price per Box/Pound	# Of People Serves	Price per serving
Sun-Maid <i>Raisins</i>	\$6.45	50	\$0.09
Kirkland <i>Pistachio Nuts</i>	\$15.99	32	\$0.25
Kirkland <i>Rice Crackers with Nuts</i>	\$7.59	45	\$0.16
Hoody's <i>Salty in-shell Peanuts</i>	\$4.99	53	\$0.06
Kirkland <i>Peanuts/Cashew/Almond Pack</i>	\$12.72	24	\$0.53
Planters <i>Salted & Roasted Peanuts</i>	\$7.29	48	\$0.15
Kirkland <i>Fruit & Nut Medley</i>	\$10.99	52	\$0.20
Welch's <i>Fruit Snacks</i>	\$10.79	80	\$0.14
David's <i>Sunflower Seeds</i>	\$8.19	24	\$0.34
Utz's <i>Sourdough Pretzel Barrel</i>	\$5.99	52	\$0.12
Frigo <i>String Cheese</i>	\$6.79	48	\$0.14
Healthy Choice <i>Fudge/Sorbet & Cream Bars</i>	\$8.99	18	\$0.49

***This list does not constitute endorsement by the San Diego County Childhood Obesity Initiative; it merely provides a list of snack and breakfast foods currently available at COSTCO.

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