

MARKET

# HELP STUDENTS **EXCEL** WHILE YOU SHOP

By adding a few extra items to your grocery cart, you can make a huge difference in a kid's day.

Proper nutrition plays a vital role in helping students excel in our after-school programs. Here are a few reasons why nutrition is essential for their success:

- 1 IMPROVED FOCUS**
- 2 ENHANCED ENERGY LEVELS**
- 3 BETTER PHYSICAL HEALTH**
- 4 IMPROVED MOOD AND BEHAVIOR**
- 5 ENHANCED LEARNING ABILITIES**

## ITEMS NEEDED

Water	Gushers
Apples	Fruit Roll Up
Oranges	Pop Tarts Any Kind
Bananas	Noodle Cups
Juice Boxes	Peanut Butter
Chips Variety Boxes	Cereal
Granola Bars All Kind	Crackers
Apple Sauce	Cookies
Fruit Cups	Goldfish
Bread (loaf)	(individual or box)
Bagels	Hot Pockets
Sandwich Meat (turkey, ham)	Oatmeal Raisin Cookies
Fruit Snacks	

**DROP OFF**

**8420 Gas House Pike  
Suite G**  
Monday- Friday  
9am-3pm

**7899 Opossumtown Pike**  
*(pull into back)*  
Monday- Friday  
3pm-6pm

