



Kids Eat Smart  
Foundation

NEWFOUNDLAND & LABRADOR

# Breakfast Blitz

Food drive to help fill our KES Cupboards

Drop your donations off to your  
KES Club



## *KES Breakfast Club Grocery List*

1. Cheerios
2. Multigrain Cheerios
3. Shreddies
4. Cereal Bars
5. Granola Bars
6. Whole Grain Crackers
7. Fruit Cups packed in water or 100% Juice
8. Applesauce
9. Raisins
10. 100% Fruit Juice
11. Donate online

[www.kidseatsmart.ca](http://www.kidseatsmart.ca)

**School:** **Larkhall Academy**

**Drop off Details:** **Thursday morning, March 8  
at the School**