

# Giving Back THIS HOLIDAY SEASON

As in years past, our school will help several worthy causes this holiday season. Our classrooms have teamed up with University of Idaho's Eat Smart Idaho program to provide healthy food baskets for local families in need over our 2-week Christmas break. **Classroom groups** are in charge of bringing in foods to prepare one healthy recipe pack. If you are able and willing to donate, please bring in as many of the following foods as you can. Our goal is to make this recipe for 15 of our families in need.

4<sup>th</sup> Grade Recipe Pack: **Healthy Family Chili**. Soups and chili's can be high in sodium, but if you add low sodium food items to the recipe, it can make it much healthier per serving.

Each pack will contain...

Chili Pack:

- Bear Creek's "Darn Good Chili" Pack, see photo
- 2 cans of **no salt added** stewed tomatoes, see photo of 2 options
- 1 can of **low-sodium** OR **no sodium** canned chick/garbanzos beans, see photo of options
- 1 can of **low sodium** OR **no sodium** canned black beans, see photo of options
- 1 can of **low sodium** OR **no sodium** kidney beans, see photo of options



Low-sodium and no sodium canned food examples, Western Family products are sold at Super 1:



## Accepting donations for 2 weeks

### Monday December 4<sup>th</sup> -

### Monday December 18<sup>th</sup>

Boxes will be outside your child's classroom  
for delivery during these weeks. ☺

Thank you for helping to make the holidays a  
little brighter for our families in need.

Total Cost of Recipe:  
**\$13.00**

Monetary Donation  
accepted in cash only,  
checks cannot be accepted.  
Thank you.