

WHY NUTRITIOUS FOOD MATTERS

- ✓ Nutritious food is essential for overall health, providing vital nutrients for physical, mental, and emotional well-being.
- ✓ Access to wholesome meals supports proper growth, boosts immune systems, and helps prevent chronic diseases.

Help us nourish little learners and build strong futures. We welcome all nutritious food, including produce from local farmers, neighbors, and businesses who share our belief that every child deserves access to healthy food.

For our food policy, scan the QR code below:

SCAN ME!



DONATE TO ANY OF OUR CENTERS

GRAND AVENUE LOCATION

1191 W Grand Ave. Boise, ID 83702
(208) 954-5461

STATE STREET LOCATION

3641 N Market Pl. Ln. Boise, ID 83703
(208) 954-5465

FRANKLIN LOCATION

203 S. Orchard St., Boise, Idaho 83705
(208) 954-5460

GARDEN CITY PRESCHOOL (BOYS AND GIRLS CLUB) LOCATION

610 E 42nd St. Garden City, ID 83714
(208) 954-5459

KUNA (BOYS AND GIRLS CLUB) LOCATION

470 W. Mendi Pl., Kuna, ID 83634
(208) 954-5450

OPERATING HOURS

7:30 AM - 5:30 PM

For more information, email us at
info@giraffelaugh.org



NUTRITION GUIDELINES FOR DONATED FOOD

Giraffe Laugh is a local nonprofit providing affordable childcare and early education to all families in the Treasure Valley, regardless of income.

We have on-site food pantries in all centers, and provide healthy meals each day, making nutritious food a key part of how we help children grow, learn, and thrive.

This guide shows how you can support that mission through healthy food donations.

www.giraffelaugh.org



While all food donations are appreciated in our effort to prevent food insecurity, we strive to ensure access to food that supports health and well-being. This Good, Better, Best model helps highlight those items that are most in need.

Thank you for helping little ones grow strong!

GOOD

Served Rarely

- Skim milk
- Fried potatoes
- Fruit canned in syrup
- Fruit served in dessert (pudding, gelatin)
- Canned vegetables with added fat
- Fried vegetables
- Biscuit
- Cereal with 7+ grams of sugar per serving
- Cereal bar
- Croissant
- Donut
- French toast sticks
- Sweet bread/roll
- Toaster pastry
- Bread pudding
- Brownies
- Cakes
- Corn chips
- Cookies
- Fig bars
- Pastry
- Pies
- Bread, buns, rolls
- Pasta (refined)
- Bologna
- Bacon
- Chicken nuggets
- Chicken patties
- Fish sticks
- Ground beef or chuck
- Ham
- Hot dog or corn dog
- Pepperoni
- Salami
- Sausage
- Cheese (full-fat)
- Deli ham



BETTER

Served Sometimes

- 1% milk
- 100% fruit juice
- Fruit canned in juice or water
- Dried fruit
- Canned vegetables without added fat
- Vegetables with sauce
- Animal crackers
- Cheese crackers
- Graham crackers
- Granola bars
- Pretzels
- Saltines
- Low sugar cereal
- Bagel
- Cornbread
- English muffin
- French toast
- Grits
- Muffin
- Pancake
- Waffle
- Toast
- White pasta
- White rice
- Tortillas
- Ground sirloin
- Lean ground beef
- Roast beef
- Canadian bacon
- Turkey bacon
- Turkey sausage
- Reduced-fat cheese
- Yogurt
- Peanut butter
- Nut butters
- Bean dip



BEST

Served Often

- Whole milk
- 2% Milk
- Fresh or Frozen Fruits & Vegetables
- Cereal with 0–3g of sugar per serving
- Oatmeal
- Barley
- Whole wheat bagel
- Whole wheat English muffin
- Whole wheat French toast
- Whole wheat pancakes
- Whole wheat toast
- Whole wheat waffles
- Whole wheat breads
- Whole wheat pasta
- Brown rice
- Wild rice
- Whole-grain tortillas
- Whole-grain crackers
- Beans
- Lentils
- Baked fish
- Tuna
- Low-fat cottage cheese
- Low-fat yogurt
- Eggs
- Chicken or turkey (baked, ground, or deli)

