



## NuVal Makeover Challenge!

How healthy is the food in your home? Now is the perfect time to put your pantry and refrigerator to the test! Here's what you need to do:

1. For each of the following food categories, write in one or more items that are currently in your refrigerator or pantry.
2. Take this sheet to your Meijer store and write in the NuVal score for each item that you listed from your home.
3. Now, trade up to a healthier choice! Next to each item write in the name and NuVal score for a similar food item that has a higher NuVal score.

Category	My Pantry/Refrigerator Food Item	NuVal Score	My Trade Up Food Item	NuVal Score	Nutrition Points Gained
<i>Example</i>	<i>Meijer Butter-ific Microwave Popcorn</i>	<i>8</i>	<i>Meijer Butter-ific Low Fat Microwave Popcorn</i>	<i>24</i>	<i>16</i>
<i>Dairy: Milk</i>					
<i>Yogurt</i>					
<i>Cheese</i>					
<i>Bread Items</i>					
<i>Pasta Sauce</i>					
<i>Pasta/ Noodles</i>					
<i>Crackers</i>					
<i>Cookies / Granola Bars</i>					
<i>Breakfast Cereal</i>					
<i>Snack Food Items</i>					
<i>Meat / Poultry</i>					

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<i>Fish / Seafood</i>					
<i>Fruit Vegetables</i>					
<i>Refrigerated Frozen Canned Dried Juice</i>					

Name: \_\_\_\_\_ email: \_\_\_\_\_

Address: \_\_\_\_\_ city/state/zip: \_\_\_\_\_

Mail to: Meijer, Healthy Living Team, \_\_\_\_\_