



Back-to-School Lunches Made Easy with Guiding Stars

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As families are settling back into school routines, balancing busy mornings and packed schedules can make lunchbox planning a challenge. Finding nutritious options that kids enjoy can be challenging, but [Guiding Stars](#), the nutrition guidance program available at Ahold Delhaize USA's local brands, makes healthy shopping easier.

By simplifying nutrition information into an easy-to-understand star rating system, Guiding Stars helps shoppers quickly spot better-for-you options and make informed choices for their families without spending extra time comparing nutrition labels.

Good, Better, Best: Taking the Guesswork out of Grocery Shopping

Guiding Stars uses a simple **three-star rating system** to evaluate foods based on their nutritional value. Products earn stars by containing beneficial nutrients such as fiber, vitamins, and whole grains, while receiving lower scores for high amounts of sodium, added sugars, and trans fats.

- **One Star** = Good nutritional value
- **Two Stars** = Better nutritional value
- **Three Stars** = Best nutritional value

"A star isn't a marketing claim. It's the result of a consistent score based on what's right there on the label," said Garrick Brown, Guiding Stars Product Manager. "We assess the nutrient density and ingredients of foods and beverages sold at Ahold Delhaize USA's local brand stores."

The next time you're shopping, look for the Guiding Stars symbol throughout the store. Whether you're packing lunches, planning after-school snacks, or stocking up on breakfast essentials, it's a simple way to identify nutritious options for your family.



Nature's Promise Lunchbox Must-Haves

Looking for Guiding Stars-approved options? Try adding these favorites to your back-to-school shopping list. Building a nutritious lunch doesn't have to be complicated. Mix and match these Guiding Stars-rated favorites with simple staples like whole grain bread, yogurt, or fresh fruit for an easy, balanced meal.

★★★ Best Nutritional Value (3 Stars)

- Nature's Promise Organic Creamy Peanut Butter
- Nature's Promise Organic Honeycrisp Apples

★★ Better Nutritional Value (2 Stars)

- Nature's Promise Organic Unsweetened Applesauce Squeeze Pouches

★ Good Nutritional Value (1 Star)

- Nature's Promise Sweet Potato Chips
- Nature's Promise Organic Triple Berry Granola

From nutritious snacks to lunchtime staples, Guiding Stars can help make back-to-school shopping simpler. By looking for the star rating while you shop, you can spend less time reading nutrition labels and more time focusing on helping your family build healthy habits.