



BACK *to* SCHOOL

LUNCH BOX IDEAS

SAVINGS

+ FEATURING



IT'S THAT TIME OF THE YEAR!



SUPPLIES

We're ready with back to school staples!



WHAT'S FOR LUNCH?



Come down to Pay-Less every weekend from 10AM-2PM to Chagi some healthy back-to-school lunch and snack ideas. Receive a FREE MOB kids lunch pail with a purchase of Chagi product.



RECIPES

PG 4-7



Make mealtime less stressful with our guide to breakfast, snack and lunch!

TIME TO GET ORGANIZED

See our DIY section for ideas on how to decorate and organize your space.

PG 11

GREEN NEWS

HEALTH HEROES

Pay-Less will be introducing our team of "healthy heroes" whose goal is to educate the youth about eating healthy, staying active, and going green. The healthy heroes team includes Super Chef, Reusable Bag Zero Hero, and Pay-Less Nutritionist, Rosae Calvo. Our healthy heroes team will be making a special appearance and presentation at Pay-Less! Receive a FREE water bottle, reusable bag, & KTF shirt when you come to the presentation at these store locations.



MICROMALL PAY-LESS
Sat., August 8 at 10am
OKA PAY-LESS
Sat., August 15 at 10am
MANGILAO PAY-LESS
Sat., August 22 at 10am

MOB KIDS

GO GREEN & WIN \$2,500 FOR YOUR SCHOOL!

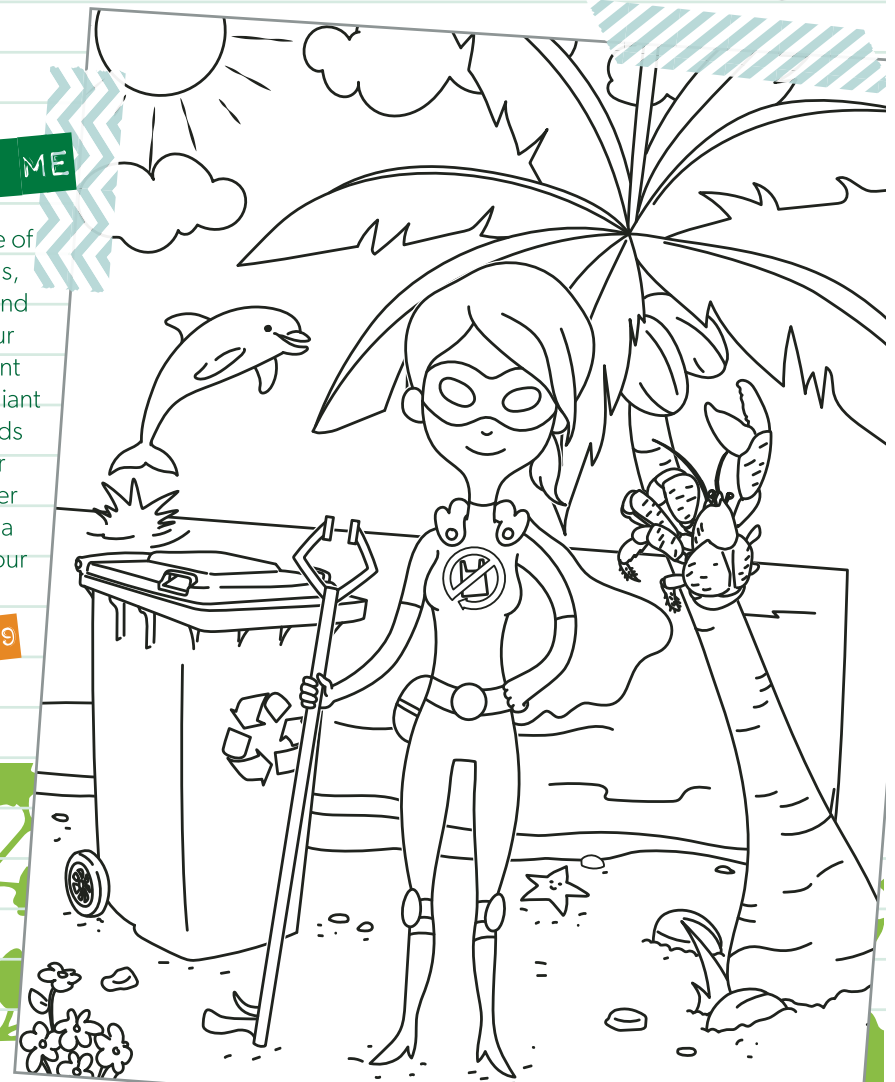
For each reusable bag customers bring in to any Pay-Less store location, a "bag point" will be added to a school of their choice (customers will still receive a 5¢ rebate). The school that accumulates the most points in the large and small school categories from August 3 - September 30 will receive \$2,500!



COLOR ME

Limited use of plastic bags, recycling and keeping our environment clean is a giant step towards making our island better one day at a time. See our MOB Kids page!

PG 9



BREAKFAST FOR SUCCESS

FRESH BANANA PANGAKES

INGREDIENTS

- 1/2 cup whole wheat flour
- 1/2 cup old-fashioned oatmeal or quick-cooking oats
- 1 tbsp. sugar
- 1/2 tsp. ground cinnamon
- Dash of ground nutmeg
- 1 cup milk, lowfat milk or non-fat milk
- 1 egg
- 1 tbsp. oil
- 1 banana, sliced

DIRECTIONS

Whisk all ingredients together except bananas in bowl until well blended. Stir in bananas. Ladle about 1/4 cup batter onto hot griddle for each pancake. Use cooking spray if needed. When bubbles start forming on top and set, flip and brown on the other side. Enjoy!

GOOD STUFF



RECIPE IDEAS



KEBABS



SANDWICH

LUNCH

It isn't easy to prepare lunch every single day. Tips from parents that do, includes making a list for smart shopping and chopping and assembling over the weekend. For some of us that do sneak in ready-to-go meals, deconstructing and creating an appetizing lunchbox with a serving of fruit and/or vegetable rounds out a filling lunch, with less guilt.

The Lunchables meal above was deconstructed to include veggies with ranch dip and wheat bread. Save the crackers for snacktime with a side of fruit.



RICE

YOGURT MIX-INS



- Fruit** - berries, apples and bananas are classic!
- Granola** - crunch and nutrition in one
- Cereal** - try your favorites
- Graham Crackers** - sweet, crunchy, yummy
- Toasted Nuts & Seeds** - for flavor and texture with body
- Honey** - look for organic
- Flaked Coconut** - great for texture and coconutty flavor
- Maple Syrup** - less sweet than honey, and pairs with granola or toasted nuts
- Peanut Butter** - adds a bit of comfort in every bite
- Chia Seeds** - extra crunch and boost of fiber, omega3's and protein



LEFTOVERS



MAC&CHEESE



SNACK ATTACK

PAIR YOUR CHILD'S GO-TO SNACKS WITH HEALTHY OPTIONS LIKE THEIR FAVORITE FRUITS, CHEESE AND GRANOLA WITH THEIR FAVORITE JUICE OR WATER. BE SURE TO RECYCLE OR USE REUSABLE CONTAINERS.



RECIPE IDEAS

WATERMELON POPSICLES

- Watermelon
- Blender
- Popsicle mold

DIRECTIONS

Using the blender, blend chunks of watermelon. Pour into popsicle molds and freeze.

Kids can help!



CHOCOLATE BANANA PEANUT BUTTER SMOOTHIE

- 1 cup low fat chocolate milk or chocolate soy milk
- 1 ripe banana
- 1 tbsp. peanut butter
- 4-6 ice cubes

DIRECTIONS

Combine all the ingredients in a blender; blend until smooth.



EASY HEALTHY AFTER SCHOOL SNACKS

YOGURTWICHES

- Graham crackers
- Frozen yogurt
- Chocolate chips

DIRECTIONS

Place a scoop of frozen yogurt between graham cracker squares. Roll edges in chocolate chips. Freeze until firm.



CARROT FRIES

- 1 lb. carrots
- Cooking spray
- Salt & pepper to taste

DIRECTIONS

Preheat oven to 400°F. Peel the carrots and cut them into strips about 1/4" thick and a few inches long. Coat a baking pan and spread carrots onto it. Sprinkle carrots with salt and pepper. Bake for 15 minutes, then flip carrots and sprinkle with more salt and pepper. Bake another 15 minutes until lightly browned.

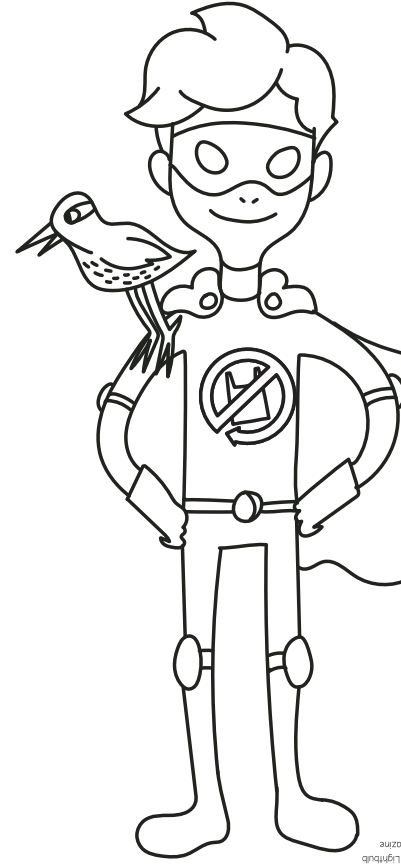


CRACK THE GREEN CODE



= R = O = H = V = Y
 = E = B = A = Z = D

WHAT CAN YOU RECYCLE?



Across:

1. Drink containers
2. You write on it
3. Your parents read it
4. Your packages come in it
5. You cook with it
6. It brightens up a room (2 wds)

Down:

1. It's power
2. Trash _____
3. Toys are made out of this
4. Soda cans are made with it
5. Your cars ride on them
6. Something you read

Down: 1. Batteries 2. Paper 3. Newspaper 4. Cardboard 5. Oil 6. Lightbulb
Across: 1. Bottles 2. Cans 3. Plastic 4. Aluminum 5. Toys 6. Magazine

50¢ OFF

Kellogg's Cereal Fun Pak

Effective 8/4/15 thru 8/26/15.

\$1.00 OFF

Smucker's Strawberry Jam 32 oz.

Effective 8/4/15 thru 8/26/15.

50¢ OFF

Betty Crocker Fruit Flavored Snacks
(Scooby-Doo, Hello Kitty)

Effective 8/4/15 thru 8/26/15.

50¢ OFF

Betty Crocker Fruit Flavored Snacks
(Fruit Gushers, Fruit Roll-Ups, Fruit by the Foot)

Effective 8/4/15 thru 8/26/15.

30¢ OFF

Jif To Go Creamy

Effective 8/4/15 thru 8/26/15.

\$1.00 OFF

Minut Maid Original Orange Juice 128oz.
(Country, Original, W/Calcium)

Effective 8/4/15 thru 8/26/15.

\$1.50 OFF

Balikbayan Box Hafa A dai

Effective 8/4/15 thru 8/26/15.

26¢ OFF

Bazic Pencils Yellow Jumbo #2

Effective 8/4/15 thru 8/26/15.

PLASTICS

- Completely empty your container
- Throw away bottle caps or collect for arts & crafts!
- Put in the proper bin

Look for these symbols on plastic bottles (#3 - #7 are not recyclable on Guam)

ALUMINUM CANS

- Completely empty your can
- Determine what type of metal it is
 - Aluminum is softer than steel
 - Magnets only stick to steel
- Put in the proper bin

10% OFF

Tuna Loin Steaks

MISSION: ZERO BAGS WEDNESDAYS:
Effective 8/5/15 thru 8/12/15.

10% OFF

Ground Beef

MISSION: ZERO BAGS WEDNESDAYS:
Effective 8/19/15 thru 8/26/15.



Valid through 8/01/15 through 9/01/15. Redeemable at all Pay-Less Supermarkets locations. Coupons must be surrendered at the time of purchase. Coupons void if altered or copied. No cash or credit back. One item per coupon per transaction. Not valid on "As Advertised" items. WHILE SUPPLIES LAST.

#3

SMUCKER'S STRAWBERRY JAM



Valid through 8/01/15 through 9/01/15. Redeemable at all Pay-Less Supermarkets locations. Coupons must be surrendered at the time of purchase. Coupons void if altered or copied. No cash or credit back. One item per coupon per transaction. Not valid on "As Advertised" items. WHILE SUPPLIES LAST.

#37

**BETTY CROCKER FRUIT GUSHERS, FRUIT ROLLUPS
FRUIT BY THE FOOT**



Valid through 8/01/15 through 9/01/15. Redeemable at all Pay-Less Supermarkets locations. Coupons must be surrendered at the time of purchase. Coupons void if altered or copied. No cash or credit back. One item per coupon per transaction. Not valid on "As Advertised" items. WHILE SUPPLIES LAST.

#26

MINUTE MAID ORANGE JUICE 128 OZ.



Valid through 8/01/15 through 9/01/15. Redeemable at all Pay-Less Supermarkets locations. Coupons must be surrendered at the time of purchase. Coupons void if altered or copied. No cash or credit back. One item per coupon per transaction. Not valid on "As Advertised" items. WHILE SUPPLIES LAST.

#29

BAZIC #2 JUMBO PREMIUM PENCIL



**MISSION: ZERO BAGS WEDNESDAYS:
Effective 8/19/15 thru 8/26/15.**



Valid through 8/01/15 through 9/01/15. Redeemable at all Pay-Less Supermarkets locations. Coupons must be surrendered at the time of purchase. Coupons void if altered or copied. No cash or credit back. One item per coupon per transaction. Not valid on "As Advertised" items. WHILE SUPPLIES LAST.

#4

KELLOGG'S CEREAL FUN PAK



Valid through 8/01/15 through 9/01/15. Redeemable at all Pay-Less Supermarkets locations. Coupons must be surrendered at the time of purchase. Coupons void if altered or copied. No cash or credit back. One item per coupon per transaction. Not valid on "As Advertised" items. WHILE SUPPLIES LAST.

#16

BETTY CROCKER FRUIT FLAVORED SNACKS/SCOOBY



Valid through 8/01/15 through 9/01/15. Redeemable at all Pay-Less Supermarkets locations. Coupons must be surrendered at the time of purchase. Coupons void if altered or copied. No cash or credit back. One item per coupon per transaction. Not valid on "As Advertised" items. WHILE SUPPLIES LAST.

#19

JIF TO GO CREAMY PEANUT BUTTER



Valid through 8/01/15 through 9/01/15. Redeemable at all Pay-Less Supermarkets locations. Coupons must be surrendered at the time of purchase. Coupons void if altered or copied. No cash or credit back. One item per coupon per transaction. Not valid on "As Advertised" items. WHILE SUPPLIES LAST.

#528

BALIKBAYAN BOX HAFSA ADAI



**MISSION: ZERO BAGS WEDNESDAYS:
Effective 8/5/15 thru 8/12/15.**

SET UP AN ORGANIZED HOMEWORK STATION



Upcycled soup cans and containers set on a tray keep supplies neat and tidy.

MAKE IT YOUR OWN!

Be creative. Leftover paint swatches, scraps of ribbon, and other found items can put you in the mood for school.





PARTICIPATE IN THE "BAG YOUR SCHOOL" CONTEST TO

WIN \$2,500

FOR YOUR

SCHOOL

**AUG 3
THRU
SEPT 30**



**2
SCHOOL
WINNERS**

- HERE'S HOW -

1 SHOP
AT PAY-LESS WITH
A REUSABLE BAG

2 SAVE 
WITH A 5¢
REBATE PER BAG

3 PICK
FROM A SCHOOL
BELOW:

PARTICIPATING SCHOOLS

PUBLIC SCHOOLS

- Adelco Elementary School
- Agua Heights Elementary School
- Aguda L. Johnson Middle School
- Asurbo Elementary School
- Asurbo Middle School
- B.P. Carbullo Elementary School
- C.L. Taltano Elementary School
- Chief Brodie Elementary School
- D.L. Paez Elementary School
- F.B. Leon Guerrero Middle School
- Pinagayan Elementary School
- George Washington High School
- H.S. Trunian Elementary School
- Inarajan Elementary School
- Inarajan Middle School
- J.M. Guerrero Elementary School
- J.P. Torres Alternative School
- J.Q. San Miguel Elementary School
- John F. Kennedy High School
- Jose Rios Middle School
- L.B. Johnson Elementary School
- Liquas Elementary School
- Luis P. Urzulan Middle School
- M.A. Sablan Elementary School
- M.A. Ulloa Elementary School

- M.U. Lujan Elementary School
- Mechanismo Elementary School
- Merizo Martyrs Memorial School
- Oceanview Middle School
- Dikoko High School
- Odin-Dolan Pogo Elementary School
- P.C. Lujan Elementary School
- Price Elementary School
- Siman Sanchez High School
- Southern High School
- Talofoto Elementary School
- Tamuning Elementary School
- Tiyan High School
- Ugi Elementary School
- V.S.A. Benavente Middle School
- Westport Elementary School

DODEA

- Anderson Elementary School
- Anderson Middle School
- Commander William C. McCool Elementary / Middle School
- Gaah High School

PRIVATE SCHOOLS

- Academy Of Our Lady Of Gaah
- Bishop Baumgartner Memorial School
- Dominion Catholic School
- Evangelical Christian Academy
- Father Duenas Memorial School
- Gaah Adventist Academy
- Harvest Christian Academy
- Mount Carmel School
- Notre Dame High School
- Saint Anthony Catholic School
- Saint Francis Catholic School
- San Vicente Catholic School
- Santa Barbara Catholic School
- Southern Christian Academy
- St. John's School
- St. Paul Christian School
- Templo Christian School

CHARTER SCHOOLS

- Gaahen Academy Charter School
- Lujan Academy Charter School

**ENCOURAGE YOUR FRIENDS + FAMILY
TO VOTE FOR YOUR SCHOOL!**

THE SCHOOL WITH THE MOST POINTS WINS \$5,000!

