



Would you like to host a food drive for the South End Children's Cafe?

We need your help! We are working to fill our shelves with healthy, organic foods to serve to children and their families. If you are interested in hosting a food drive for the South End Children's Cafe, please consider our Healthy Food Wish List:

Low-sodium organic chicken broth or bouillon	Whole wheat crackers	
Whole-wheat couscous	Organic granola	Honey
Gluten free bread crumbs	Salsa	Breadcrumbs with lowest sodium
Corn bread mix	Cooking spray	All natural apple sauce
Brown sugar	Fruit (no sugar)	Canola oil
Low sodium barbecue sauce	Low sodium ranch salad dressing	
Balsamic vinegar	Sugar	Apple cider vinegar
Light Coconut milk in a can	Quinoa	Whole wheat breadcrumbs
Jarred Pasta Sauce - Amy's Light in Sodium Family Marinara, Dell'Amore Original Recipe and Victoria Low Sodium Marinara	Dried cranberries	Raisins
Other Salad Dressings (healthy)	Organic Canned peas, corn or green beans	
Whole wheat tortilla, taco shells, tortilla chips and quesadillas		
Cans of healthy (organic if possible) soup with very low sodium		

Gift Card for fresh vegetables, fruits, meats and fish to any food store including Whole Foods, Honest Weight, Trader Joes, Price Chopper, Shop Rite, Hannaford, Restaurant Depot or to any local farm so that we can purchase fresh produce and meats to supplement to food drive items.

Some Thoughts: The best indicator of how highly processed a food is can actually be found in the list of ingredients. If what you are buying contains more than 5 ingredients and includes a lot of unfamiliar, unpronounceable items please reconsider before buying.

Please look for vegetables in glass jars or aseptic boxes in addition to "BPA-free" cans. When possible, please choose organic foods.

Thank you for your interest in hosting a Healthy Food Drive for the South End Children's Cafe. For more information or material to support your drive, please contact Tracie Killar at tracie@southendchildrenscafe.com or 518.275.8890.