

Food on the 15th

Please see the wish list on the next page

In 2006, Columbia resident Julie Rosenthal established [Food on the 15th](#) to provide food to seniors whose limited income was exhausted by the middle of the month and who were forced to choose between purchasing food and paying for necessary medication.

Since its inception, *Food on the 15th* has provided more than 25,000 bags of free groceries and toiletries to economically disadvantaged seniors in Howard County. Remarkably, *Food on the 15th* operates with no overhead costs. Food is donated, and volunteers give their time to deliver the items and converse with seniors.

What makes St. Louis School's partnership with *Food on the 15th* special is the opportunity for students, parents, faculty, and staff to interact with the seniors who will receive the food we collect. Students in K-8 and their parents/guardians will be invited to sign up to help deliver our food donations on a Saturday morning at the **Morningside Park Apartments** senior residence and set up a no-charge grocery "store" in the community room. Seniors come to the community room and select items they need. **Please note: our new delivery location this year is Morningside Park Apartments located just off Route 32 in Jessup.**

Our October food collection will be held from **October 22-26**.

What: St. Louis School Food Collection

When: October 22-26

How: Help by bringing donations of food to school.

Please see the wish list below.

Who: Sign up your family to deliver and distribute the food to seniors at Morningside Park Apartments, 9950 Guilford Road, Jessup, 20794, on Saturday, November 10th from 9:00-10:30 a.m. The number of volunteers is limited to ten (including parents and children). Students in K-8 may participate, and each child must be accompanied by a parent/guardian.



Food on the 15th Wish List

Please help us by checking expiration dates.

Pre-K -- Pasta: whole grain pasta

Kindergarten -- Canned fruit with no sugar added, in natural juice, or with Splenda.
Natural apple sauce, raisins.

1st Grade -- Canned tuna in water or canned roast beef or canned chicken

2nd Grade -- Canned beans (low sodium)

3rd Grade – No-sugar-added jams and jellies (in plastic containers)

4th Grade – Canned vegetables (low sodium or no sodium added)

5th Grade – Canned or boxed soup (low sodium and low fat) -- Please **no** Ramen or Cup a Noodles, which tend to be high fat, high carb, and too much salt.

6th Grade -- Pasta sauce in plastic jars or in cans – please, no glass jars

7th Grade -- Cereals: Cheerios, Total – whole grain cereals – NOT sugar sweetened.
Store brands are fine.

8th Grade – Peanut butter in plastic jars (low sodium or low sugar preferred)

Students are welcome to bring the item listed for their grade and any other items from the Wish List that their family would like to contribute.

Food on the 15th also appreciates:

Grains: Oatmeal, barley, rice, any plain whole grains (with nothing added)

Sugar substitutes: Splenda Equal, Sweet and Low.

Condiments: fat free and low fat mayo (in plastic containers)

Miscellaneous: Sugar free jello, sugar free pudding, low carb crackers

Hotel (travel size) toiletries

Thank you!