

Food on the 15th Wish List

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 to economically disadvantaged seniors in Howard County. Remarkably, *Food on the 15th* operates with no overhead costs. All food is donated.

2019-2020 marks the third year of the partnership between St. Louis School and *Food on the 15th*. To assist our brothers and sisters in need, SLS families are invited to donate items listed below.

Please help us by checking expiration dates.

Pre-K -- Pasta (whole grain pasta preferred)

Kindergarten -- Fruit with no sugar added, in natural juice, or with Splenda – or natural, unsweetened apple sauce.

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

2nd Grade -- Canned beans (low sodium kidney beans or black beans)

3rd Grade – No-sugar-added jams and jellies in plastic jars

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.

6th Grade -- Pasta sauce in plastic jars or in cans

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)