

### *Guideliness Food & Gifts for “Los amigos de la Esquina A.C.”*

In LADLE is really important that we offer adventures moments, unique experiences, lifetime opportunities, healthy reunions and harmonious group dynamics so that's why we suggest:

**Healthy Habits:** so we can improve the quality of life of the children in the now and in the future we promote offer them food that provides a nutritional value for them. So this will be our recommendations:

- \*Yes, fruits (banana, orange, tangerine, apple, pineapple, watermelon, papaya, mango, etc..)
- \* Yes vegetables (carrots, cucumber, corn, avocado, etc..)
- \*Yes natural water or natural flavor water like orange, hibiscus, tamarind,
- \* Yes nuts, pecans, pumpkin seeds, raisins, amaranth with cacao, etc.
- \* Yes beans, corn tortilla, rice, egg, chicken, fish, etc.
- \* Yes whole, organic, fresh, healthy and local food
  
- \*No candies like lollipops, gummies, milk chocolate, chilis, etc
- \*No coke (Fanta, Sprite, Manzanita, Fresca).
- \*No flavor juices (Boing, Jumex, del Valle)
- \*No chips (Sabritas. Barcel, Churritos, Chicharrones).
- \*No cookies or bread (Bimbo, Marinela, etc)

Note: Please notify in advance when you will bring food so we can ask them to bring their own plates, glasses, fork, so we decrease the use of plastic dishes. .

**Didactic Material & Toys:** so we can be even and teach the kids to take care of the material and learn to share between them the gifts people give them we ask to bring things that can stay in our storage and that can be useful in our daily activities and be back in the storage for future use.

### YES

Gifts for all children to share between according to their age and interest and that they will use during the activities with guidance of an adult of how to take care of that resource.

- *Puzzles 50, 100 & 200 pieces*
- *Sudoku books or games*
- *Mandala booklets*
- *Wood Toys*
- *Music Instruments*
- *ABC games*
- *NUMBERS games*
- *Calendars*
- *Maps*
- *Small Legos*
- *Origami figures*
- *Body Paint*
- *Material to do bracelets, necklaces, etc..*
- *Plants*
- *Pots*
- *Stamen*
- *Materials to do dream catchers*
- *Balls (Soccer balls, volleyballs, baseball)*

- *Books in Spanish*
- *Booklets for drawing*
- *Table Games*
- *Pets*

## NO

Gifts for each children (there is so much difference in age and interests).

- Superheroe toys or games
- Video games
- Dolls
- Guns
- Games that have a violent connotation

Of course when it is clothing or shoes it is helpfull and we can do in advance a list with the sizes to make it work.