


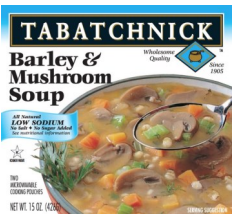




JF&CS Family Table Kosher Soup Donation Guide

At the store, just get two:



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My Family Family Table

Nutrition Criteria	Examples		
<p>Vegetarian soups only</p> <p>Less than 500mg sodium per serving</p> <p>- or -</p> <p>Says one of the following:</p> <ul style="list-style-type: none"> • No salt added • No added salt 	 Amy's Organic Light in Sodium	 Tabatchnick Low Sodium Soups	 Streit's Hearty Vegetarian Vegetable
	 Imagine Boxed Soups Light in Sodium	 Trader Joe's Low Sodium Boxed Soups	 Pacific Creamy Butternut Squash Soup Light in Sodium

**except Amy's Organic Light in Sodium—Lentil Vegetable Soup, which is not Kosher*



Snap a picture of this list as a convenient reminder for your next shopping trip!