



# Childhood Leukemia Foundation

Improving the Lives of Over 150,000 Children with Cancer since 1992

## Wish Basket Spotlight:



CLF is deeply committed to our mission to lift the spirits of children living with all types of cancer.

We would like to spotlight one of our Wish Basket recipients. His name is Cooper and he was diagnosed in April 2010. "He really got excited about his toys/games and gift card and it made one of the longer days at the hospital a fun time for both of us" said his mom. "The light up ball was the treasure that we threw around with the lights off for at least an hour. He squealed every time he turned it on himself!"

*Cooper is seen here with his helicopter that he bought. We are sure that Cooper is going to fly high to a full and healthy recovery!!!*

## SPREAD THE WORD!



### JOIN OUR MAILING LIST

Please join our mailing list so they can also receive the CLF Newsletter! Email Address: \_\_\_\_\_



### BECOME A MONTHLY GIVER:

Join many of our donors and become a monthly giver:

\$50 per month - Platinum Member

\$20 per month - Gold Member

\$15 month - Silver Member

If you are interested in becoming a monthly giver, please contact Kate Booth at 732-920-8872

**BECAUSE OF YOU:** Last month 254 children were touched by your donations in the following ways: 60 Wish Baskets, 160 Hope Binders and 34 Hugs U Wear. We thank you again for all of your donations and support!

## PREVENTION TIPS:

**KEEP** your child's immune system healthy—fresh foods, free of preservatives

**REDUCE** intake of calorie rich foods like carbonated drinks and sweets. Be as active as possible.

**LET** youngsters have regular contact with their peers to develop a stronger immune system. This in turn can help kids bodies fight the development of most common forms of childhood cancer.

**KEEP** household cleaning products away from children.

**LIMIT** your child to x-ray exposure (doctors, dentists, etc...)

**KEEP** yourself and your children at a healthy weight. Studies have shown a correlation between increased risk of colon cancer in individuals who were overweight in their adolescent years.

### Here are some foods that aid in the prevention of cancer:

- Blueberries, Acai Berries, Raspberries and Cranberries
- Green Tea
- Garlic
- Broccoli, Cabbage, Cauliflower
- Carrots
- Flaxseeds
- Mushrooms
- Onions & Leeks
- Tomatoes
- Grapes—red



TO DONATE YOUR CAR TO CLF, YOU MAY CALL 877-754-3227. ALL DONATIONS ARE TAX DEDUCTIBLE AND ALL DONATIONS GO TOWARDS CHILDHOOD LEUKEMIA FOUNDATION. !!!HELP US DRIVE CANCER AWAY!!!

If you wish to make a donation to Childhood Leukemia Foundation please visit us at [www.clf4kids.org](http://www.clf4kids.org).