Eating for charity

Do good with your dollars by supporting ethics-conscious food companies. Here, the best of the bunch to munch:

**THE PICK** Fair trade chocolate
**THE PAYBACK** Cocoa harvested by farms and co-ops that pay a living wage and often use organic practices
**BUY IT** Online at www.globalexchange.org

**THE PICK** Rainforest Alliance-certified coffee
**THE PAYBACK** Farmed without the use of pesticides that damage the rain forest; harvesters are treated according to fair labor laws.
**BUY IT** Log on to www.rainforest-alliance.org to find a retailer near you.

**THE PICK** EcoFish shellfish and fish
**THE PAYBACK** Caught without harming marine habitats; 25 percent of profits go to promote sustainable fishing.
**BUY IT** Log on to www.ecofish.com or call 877-214-3474 for a seller in your area. —Camille Noe

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