



Hants East Rural High School

2331 Highway #2
Milford, NS B0N 1Y0

Main Office: 902-758-4620
Fax: 902-758-4626

HERH Food Pantry

Thank you for your consideration in making a donation to HERH's Food Pantry. All donations are welcome and can be left in the front office.

Donations items should be

- **Portable**
- **Non-perishable**
- **Popular amongst teenagers**

Food Items*

- Items in microwavable containers such as Kraft Dinner, instant noodles, soups, rice, ramen
- Canned pasta: ravioli, spaghetti and sauce, etc
- Crackers
- Canned meats: tuna, salmon, ham, turkey, chicken
- Pasta sauce (canned to prevent breakage)
- Noodles, Sidekicks
- Granola bars, fruit cups
- Kraft Dinner
- Canned soup
- Rice
- Cereal
- Oatmeal

Beverages

- Bottled water
- Juice boxes, canned juice, almond milk, soy milk

Non-food Items

- Manual can openers
- Reusable water bottles (HERH has a water bottle refill station)
- Reusable shopping bags

**If possible please consider also donating items that are peanut free, gluten free, dairy free or foods free from other allergens for those that may have dietary sensitivities.*