



## Homeless Education Resource Office

### HERO Pantry Partner Grocery List

Thank you for being our HERO! Items in our pantry serve families in housing situations that often mean little-to-no kitchen access – hotel living, doubled up with another family, or in a shelter where meals are scheduled - so we've sourced a list from parents and caregivers of the items that would be most welcome and impactful.

*Note: The overlying theme of these items is "kid-friendly" and "one and done" - nothing more than a microwave and water needed to make a quick meal or snack.*

- Ramen or other "Cup of Noodles" - style meals in a cup, no bowl required
- Mac and Cheese – single serve, in a cup
- Pop-Top Chef Boyardee or other pasta meals
- Vienna sausages
- Tuna or Chicken salad kits – in vacuum-sealed pouches with mix-ins and crackers
- Shelf-stable microwavable meals (often found near mac and cheese in the grocery and from brands such as Hormel or Kraft)
- Granola bars
- Squeezable fruit snacks ("Go Go Squeeze" apple sauce, etc.)
- Microwave popcorn
- Oatmeal or cereal in bowls
- Shelf-stable milk – in quarts or single-serve (Horizon milk boxes)
- Bottled water
- Drink mixes (lemonade or Gatorade powder, etc.)
- Can openers, critical when it comes to accessing other food donations.

Thank you for helping us to serve families in a practical and respectful way – your donations are making days easier for them and the school-based staff who help to support them.

Please contact Jami Oakley with any questions or to organize a collection or more.  
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