

HERO Pantry

THERE'S A
HERO
IN ALL OF US

Thank you for being our HERO! **Our pantry serves families in housing situations that often mean little-to-no kitchen access – hotels, doubled up and mobile or in another situation that lends itself to food insecurity.** We've worked with parents and caregivers to build a grocery list that works for them.

- **Single-serve, microwavable**
 - mac and cheese
 - rice meals
 - ravioli and pasta
 - mashed potatoes
 - cups of veggies
 - hearty soups
- **Tuna** or **chicken** salad kits
- Canned chicken
- **Pre-cooked pasta** pouches
- **Pasta sauce** – all kinds
- Shelf-stable microwave meals (Hormel has these)
- **Fruit cups**
- **Oatmeal** -individual cups
- **Cereal** in single-use bowls or family-size boxes
- Shelf-stable **milk**
- **Breakfast bars**
- Drink mixes (lemonade or Gatorade powder, etc.)
- Kid-Friendly **snacks** – gummy fruit snacks, cheese crackers, etc.



**Order direct
to the pantry!**



HERO Program support is through **Nashville Community Connections**, a 501(c)(3) whose mission is to ensure that children experiencing unstable housing have the necessities they need to be present and ready to learn each day at school.



METRO NASHVILLE
PUBLIC SCHOOLS

HOMELESS EDUCATION RESOURCE
OFFICE (HERO)



Nashville
Community
Connections