



To Benefit



Haven House Services was founded in 1973 to provide community-based services to at-risk youth and their families in Wake County.

The youth and families in our programs often live at or below poverty level or are currently experiencing homelessness.

Meal Kits help supplement just one of the many needs of our clients. Please consider donating.

- We ask that each kit serves a minimum of 4 people.
- Each bag/box should be labeled with what meal is included.
- Each bag/box should be labeled with the dates it was donated.
- Kits should not include clearance, expired or about to be expired items.
- Recipes can be included with the kits.
- Kits should include non-perishable items or items with a long shelf life.

Consider including additional items such as canned vegetables or fruit, granola bars, oatmeal, packaged nuts, power/breakfast bars, Ramen, individual microwave meals or powered milk or drink mixes.

Condiments such as mustard, ketchup, salt, pepper or sugar is always helpful.

Meal Kit Suggestions



Chicken Burrito Bowl

- 2 - 12.5oz cans Chicken
- 1 - 15oz can Black Beans
- 1 - 15oz can Corn
- 1 - 15oz can Tomatoes
- 1 - box Chicken stock
- 1 - box Brown Rice



Cooking Instructions:

Combine Chicken, diced tomatoes, black beans, corn, chicken stock and salt. Bring to a boil. Add rice and cook rice until done.



Chicken Salad

- 2 - 12.5oz cans Chicken
- Bacon Bits - to taste
- Celery seed - to taste
- Onion powder - to taste
- Mayo - to taste



Cooking Instructions:

Combine all ingredients and mix well.



Spaghetti & Meatballs

- 1 - box Pasta (Any kind)
- 1 - jar Spaghetti Sauce
- 2 - pks Meatballs



Cooking Instructions:

Cook each item as directed. Then combine all.



Pancake Breakfast

- 1 - box Pancake Mix (just add water)
- 1 - cans Corned Beef Hash



Mediterranean Tuna Pasta

- 2 - cans Tuna
- 1 - box Pasta
- 1 - small can Black Olives
- 1 - small can Mushrooms
- 1 - small jar Mayo
- 1 - can Peas
- 1 - can Diced Tomatoes



Parmesan Cheese to taste



Roast Beef Dinner

- 4 - cans Fully Cooked Roast Beef
- 1 - box instant Mashed Potatoes
- 2 - jars Gravy
- 2 - cans Vegetable Medley

