



# NORD ANGLIA INTERNATIONAL SCHOOL HONG KONG

A NORD ANGLIA EDUCATION SCHOOL

Dear Parent/Guardian,

I am writing to tell you about a fundraising activity that will be running the week beginning 8<sup>th</sup> June. Caernarfon House has chosen Feeding Hong Kong as its local charity and for this we will be running a food drive.

Feeding Hong Kong is a registered charity that feeds people in need, collects surplus food from manufacturers and retailers and reduces the volume of food being sent to landfill. For more information, please visit [feedinghk.org](http://feedinghk.org).

What do we need from you?

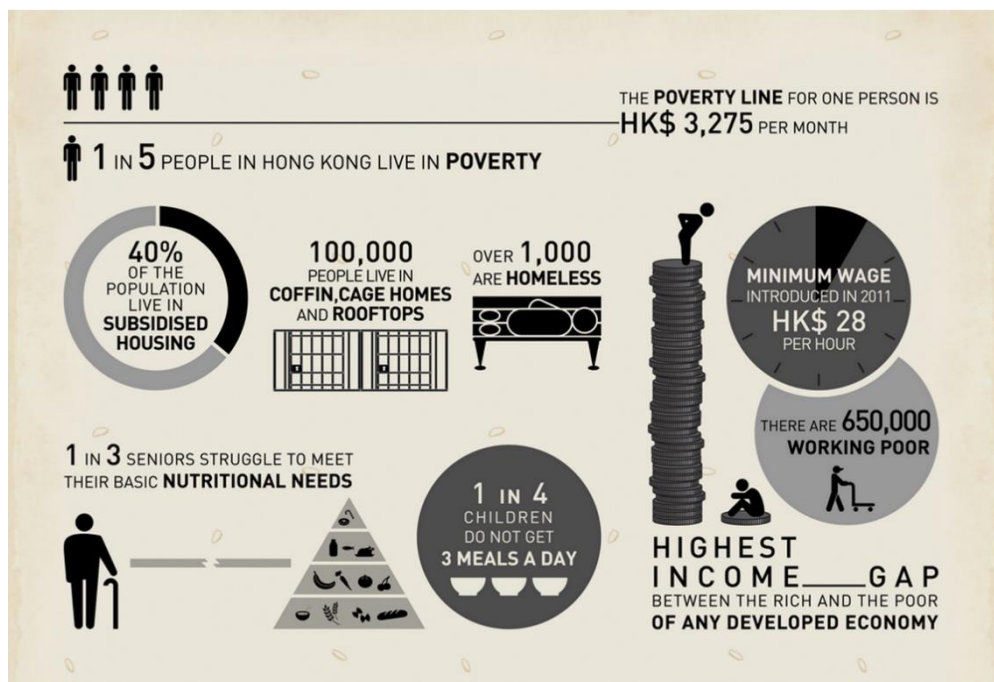
Between the 8<sup>th</sup> and 12<sup>th</sup> of June we would ask that you **donate a minimum of one food item** from the list on the back of this letter, including rice, pasta, noodles, canned fish, vegetables and fruit. The more you can donate the better – we are aiming to fill 10 food boxes which is equal to 1200 cans of food!

Please look carefully at the list of required items on the back and the restrictions attached as we only wish to send food that is needed.

Thank you in advance for your support.

Warm regards,

Naomi Rowan  
Head of Caernarfon House



NORD ANGLIA INTERNATIONAL SCHOOL

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# FOOD DRIVE MOST NEEDED ITEMS



Feeding Hong Kong needs the following nutritious foods



## RICE

*Individual / family-sized bags*



## NOODLES

*Non-instant / non-fried*



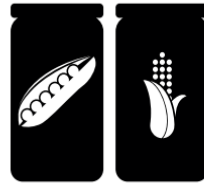
## PASTA

*Spaghetti, macaroni, penne etc*



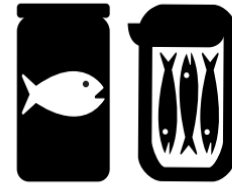
## COOKING OIL

*Corn or vegetable*



## CANNED VEGETABLES

*Corn, mushrooms, peas etc - low sodium, no added sugar*



## CANNED FISH

*Sardines, mackerel or tuna - in tomato sauce / spring water*



## CANNED FRUIT

*Pineapple, peaches etc - low sugar*



## BISCUITS & CRACKERS

*Low sugar, low sodium, low fat*



## MILK

*UHT or powdered - low fat or non-fat*

### FOOD SAFETY FIRST

We are not able to use:  
Rusty or unlabelled cans  
Perishable items  
Open or used items  
Items past their expiry date

### THINK ABOUT NUTRITION

We encourage you to gather wholesome and healthy food items rather than sweets, snacks or desserts.