

RICHMOND HILL HIGH SCHOOL  
**WILDCAT LACROSSE**

**RH**

**GIRLS LACROSSE**



**DONATIONS ALWAYS GLADLY ACCEPTED:**

**FILL THE**

**PANTRY**

**THE RH LACROSSE TEAM WORK HARD AND NEED TO REFUEL.**

Next time you make your grocery list, add something extra for the team. Donate with the player to be turned in to Coach Meg McDonough. The donated items help refuel the team (JV/Varsity) at home and away games and during special practices.

**SUGGESTED ITEMS:**

- Powerade/Gatorade
- Water
- Body Armor
- Granola Bars
- Protein Bars
- Goldfish
- Pretzels
- Fruit Cups
- Squeeze Applesauce
- Trail Mix
- Cracker Packs
- Healthy snacks

**For more information please contact:  
The RHHS Girls Booster Club Pantry Coordinator**