

Because healing



RONALD McDONALD
HOUSE CHARITIES®
CENTRAL OHIO

happens together.

SNACK *packs*

Creating homemade snacks and treats are a fun way to provide a taste of home for the families at Ronald McDonald House Charities of Central Ohio. Your gift of an on-the-go meal or snack allows families to stay close to their hospitalized child without having to leave their child's side for meals or snacks. The Snack Pack program allows volunteers to prepare bags in their own setting, and drop them off at the House anytime. These guidelines will help with your success:

- Prepare as many bags as you'd like, with at least two items in each.
- All items must be non-perishable, shelf stable, and individually packaged for immediate consumption.
- All items must be pre-packaged or store-bought. Home-baked items may NOT be included.
- We always appreciate donations of fruits and vegetables, but please **do not** include these items in snack packs.
- Please label any snack pack that has items containing nuts or other common allergens.
- Healthier food options are encouraged. Treats are fine, but should be an "extra," rather than the meal.
- Do not include items past their expiration date.
- Please pack items in gallon sized plastic storage bags so contents will be visible and potential leaks are contained.
- Please include any plastic ware required (i.e. spoon with fruit cup). Napkins or hand wipes are always appreciated.
- Clearly label each Snack Pack on the outside with the date packed.
- Small toys or gifts are allowed, as long as they are new, and still in the packaging. Please do not include loose or unwrapped toys.

Your ideas are welcome, but here are a few suggestions:

SNACKS

- pudding or fruit cups
- cheese or peanut butter crackers
- granola bars or fruit snacks
- small bags of chips, pretzels, popcorn
- individual-sized containers of dip

BREAKFAST/LUNCH

- small boxes of cereal or oatmeal packets
- toaster pastries
- microwavable soups
- granola bars or muffins
- bottled water or shelf-stable juices

Snack Packs can be dropped off at our House any day between 9 a.m. and 9 p.m.

For the safety of our families, participants of this program should be free from colds, fever or other illnesses.

Ronald McDonald House Charities is a non-denominational organization. Please do not distribute religious materials or include religious material on your snack bags.

Thank you!



Learn more about how **you** can support our mission:

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