

# RMHC 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 any day between 9:00a.m. and 9:00p.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.

## **GUIDELINES TO HELP WITH YOUR SUCCESS:**

- Prepare as many bags as you'd like.
- 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.
- 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 plasticware required (e.g. spoon with fruit cup). Napkins or hand wipes are always great.
- Clearly label each snack pack on the outside with the date packed.
- Small toys or gifts are permitted, as long as they are new and still in the packaging. Please do not include loose or unwrapped toys.



[rmhc-centralohio.org](http://rmhc-centralohio.org)

614-227-3700

*IDEAS ARE WELCOME, BUT HERE ARE A FEW SUGGESTIONS:*

### **SNACK PACKS**

- pudding or fruit cups
- cheese/peanut butter crackers
- granola bars or fruit snacks
- small chips, pretzels, popcorn

### **BREAKFAST/LUNCH**

- small boxes of cereal
- microwavable soups
- granola bars or oatmeal packets
- bottled water or juice boxes