

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

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