



Meals that Heal

Grab-and-Go Bags

Meal kits provide families with a satisfying meal while they care for their children at an area hospital. **Use the food ideas below to help you prepare your shopping list.**

Grab-and-go bag guidelines:

Grab-and-Go Meal Kits provide families at the Ronald McDonald House with a quick meal to enjoy at the hospital. **Follow these simple steps to make your Grab-and-Go Meal Kits:**

- Have fun! Be creative by decorating your meal kit bags. **Please note:** no religious or health-related messages are allowed.
- Make your food selections: Use the suggested food ideas provided below for inspiration.

Food suggestions

Breakfast ideas:

- Microwaveable oatmeal cups
- Microwavable pancake cups
- Cereal cups
- Granola or breakfast bars
- Fruit cups
- Danish or muffin

Lunch ideas:

- Pepperoni rolls
- Deli sandwich (condiments on the side)
- Trail mix
- Cookies
- Bottled Water
- Bag of chips

Delivering Grab-and-Go Bags

To arrange a delivery date and time for your meal kits, or if you have any questions, contact **Betsy Plants** at (304) 346-0279 or at betsy@ronaldmcdonaldhouseswv.org.