

— MEAL KITS —

FOOD IS LOVE.

One thing families love while staying at a Ronald McDonald House or Ronald McDonald Family Room is the nutritious meals they receive so they don't have to worry about menu-planning or ordering delivery. Volunteer-created meal kits provide families with a satisfying meal on the run, or help ease their transition back home after their stay. Use the links below and menu ideas to pick a meal kit option our families are sure to love!

Important Notes

- Meal kits can only include nonperishable, shelf stable items. Do not add food that needs to be refrigerated or frozen.
- All food must be factory sealed and unaltered from the time of purchase.
- Each kit should include one entrée, two sides, a beverage and dessert.
- Additionally, please add packaged plastic utensils and napkins.
- Label the kits with any expiration dates and common allergens.
- Make as many kits as you'd like! There are no minimum or maximum quantity requirements.

OPTION 1: GRAB-AND-GO MEAL KITS (serves one):

Grab-and-Go Meal Kits provide families at Ronald McDonald Houses and Ronald McDonald Family Rooms with a quick meal to enjoy even on their busiest days. Follow these simple steps to make your Grab-and-Go Meal Kits:

1. Purchase [these handy boxes](#) in which to pack the food.
2. Buy [packaged utensils and napkins](#) (one/kit) to include in each kit.
3. Make your food selections – use the lists and menu ideas on page 2 for inspiration! Each meal kit serves one individual.
4. Label each kit with its complete contents so families know what to expect and enjoy!

OPTION 2: WELCOME HOME MEAL KITS (serves five):

Families often have lots to juggle when returning home after staying at a Ronald McDonald House or Ronald McDonald Family Room. Welcome Home Meal Kits ease this transition by answering the question of 'what's for dinner?', giving families one less thing to worry about. Follow these simple steps to make your Welcome Home Meal Kits:

1. Purchase [these grocery totes](#) in which to pack the food.
2. Buy [packaged utensils and napkins](#) (five/kit) to include in each kit.
3. Make your food selections – use the lists and menu ideas on page 3 for inspiration! Each meal kit serves five individuals.

Delivering Meal Kits

To arrange a delivery date, time and location for your completed kits, contact the Volunteer Services team at volunteers@rmhccni.org.

Questions?

Contact the Volunteer Services team at volunteers@rmhccni.org.



Ronald McDonald
House Charities®
Chicagoland & Northwest Indiana

GRAB AND GO MEAL KIT IDEAS

LUNCH MENU IDEAS	
<p><u>Entrée:</u> Easy macaroni and cheese <u>Side 1:</u> Trail mix <u>Side 2:</u> Fruit cup <u>Dessert:</u> Pack of cookies (optional) <u>Drink:</u> Bottle of water</p>	<p><u>Entrée:</u> Cup of noodles <u>Side 1:</u> Fruit Snacks <u>Side 2:</u> Bag of chips <u>Dessert:</u> Candy bar (optional) <u>Drink:</u> Gatorade</p>
BREAKFAST MENU IDEAS	
<p><u>Entrée:</u> Oatmeal cup <u>Side 1:</u> Fruit cup <u>Side 2:</u> Granola bar <u>Drink:</u> Juice box</p>	<p><u>Entrée:</u> belVita breakfast biscuits <u>Side 1:</u> Squeeze applesauce <u>Side 2:</u> Packaged muffin <u>Drink:</u> Bottle of water</p>
ENTRÉE & SIDE IDEAS	
<p>Breakfast Entrées Cup of oatmeal belVita breakfast biscuits Protien bar Package of pop tarts Individually-sized box of cereal Packaged muffin</p>	<p>Lunch Entrées Easy macaroni and cheese Cup of noodles Chef Boyardee cup Soup cup Hormel Compleats meal Packet of tuna Instant rice cup</p>
<p>Sides Chips or Whisps Crackers, pretzels Nuts or seeds Squeeze applesauce Fruit cup Granola bar or granola Fruit snacks Dried fruit Trail mix Cracker and cheese dippers</p>	<p>Desserts Cookies Candy bar Little Debbie or Hostess treats Rice Krispie treat Pudding or Jell-O cup</p>
<p>Beverages Bottled water (+ instant coffee or MiO water flavor) Gatorade/Powerade Juice box</p>	



WELCOME HOME MEAL KIT IDEAS

MENU IDEAS	
<p><u>Entrée</u>: Spaghetti and marinara sauce <u>Side 1</u>: Canned green beans <u>Side 2</u>: Canned fruit cocktail <u>Dessert</u>: Cookies <u>Drink</u>: Bottles of water with MiO flavoring</p>	<p><u>Entrée</u>: Family-sized boxed rice <u>Side 1</u>: Canned black beans <u>Side 2</u>: Tortillas <u>Side 3</u>: Jar of salsa <u>Dessert</u>: Boxed brownie mix <u>Drink</u>: Juice</p>
<p><u>Entrée</u>: Tuna casserole: pasta, packaged tuna, jar alfredo sauce, breadcrumbs <u>Side 1</u>: Canned peaches <u>Side 2</u>: Canned corn <u>Dessert</u>: Boxed cake mix <u>Drink</u>: Bottles of water with MiO flavoring</p>	<p><u>Entrée</u>: Penne and pesto <u>Side 1</u>: Canned carrots <u>Side 2</u>: Canned pineapple <u>Dessert</u>: Box of Little Debbie treats <u>Drink</u>: Gatorade</p>
ENTRÉE & SIDE IDEAS	
<p>Entrées Pasta & sauce (marinara, alfredo, pesto, etc.) Tuna casserole Ramen and stock Boxed rice Canned soup Family-sized macaroni and cheese</p>	<p>Sides Beans, lentils or quinoa Canned vegetables Canned fruit Chips Salsa or queso Applesauce Tortillas</p>
<p>Desserts Cookies Little Debbie or Hostess treats Boxed cake or brownie mix Pudding or Jell-O cups</p>	<p>Beverages Bottled water (+ MiO water flavor) Gatorade/Powerade Juice</p>

