

# SNACK PACKS

## The families we serve are on the go!

Snack packs provides a simple, grab-and-go option for families who don't have time to eat a meal at our Houses. Many families spend days, weeks or even months at the hospital with their children. These packs allow them to stay nearby without having to leave for a bite to eat.

## Creating Snack Packs

- Prepare as many snack packs as you'd like at a location most convenient for your group (school, office, hotel, community center, conference center, etc.).
- We recommend using gallon-sized plastic storage bags (one bag per pack).
- Each pack should include 3-5 snacks, all of which should be non-perishable, shelf stable, unopened and individually packaged. Beverages should not be included in the packs.
- Ensure all items are pre-packaged and store bought. For safety, homemade snacks may not be included.
- Healthy food options are encouraged, but please do not include fruits and veggies. All items should be non-perishable.
- Label any packs including items containing nuts or other common allergens. Making some of the packs nut/peanut free is strongly encouraged.
- Clearly label each snack pack with the date on which it was made, as well as the earliest expiration date of the included snacks.
- Include positive messages or cards in the packs! Ensure messages are not religious in nature and are appropriate for any family member. For example, 'Enjoy the snacks!' 'Have a great day!' 'Keep calm and snack on.'

## SNACK SUGGESTIONS

- Pudding or fruit cups
- Granola bars
- Individual bags of chips, popcorn, pretzels, trail mix or nuts
- Peanut butter or cheese crackers
- Fruit snacks
- Small boxes of cereal

## Questions?

Email Brittany Wright at [bwright@rmhccni.org](mailto:bwright@rmhccni.org)

## Delivering Snack Packs

Families staying at our five Houses and three Family Rooms all enjoy snack packs!

- To arrange the delivery of your completed packs to one or more of our locations, contact Brittany Wright, Director of Volunteer Services, at 312-888-2522 or [bwright@rmhccni.org](mailto:bwright@rmhccni.org).
- Snack packs can be delivered seven days a week between 9:00 a.m. – 9:00 p.m.



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