

# — GRAB-AND-GO —

## MEAL KITS

### FOOD IS LOVE.

Families staying at a Ronald McDonald House or Family Room often have busy schedules and can't sit down for meals every day. Grab-and-Go Meal Kits provide families with a quick, satisfying meal on the run so they don't have to find time to cook or pay for delivery.

### GRAB-AND-GO MEAL KITS

Follow these simple steps to make Grab-and-Go Meal Kits our families are sure to love:

1. Purchase [gallon-sized, zip-top bags](#) 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!

### 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.

### Delivering Meal Kits

To arrange a delivery date, time and location for your completed kits, contact the Community Engagement team at [volunteers@rmhccni.org](mailto:volunteers@rmhccni.org).

### Questions?

Contact the Community Engagement team at [volunteers@rmhccni.org](mailto: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><b>Breakfast Entrées</b>            Cup of oatmeal            belVita breakfast biscuits            Protein bar            Package of Pop-Tarts            Individually-sized box of cereal            Packaged muffin</p>	<p><b>Lunch Entrées</b>            Easy macaroni and cheese            Cup of noodles            Chef Boyardee cup            Soup cup            Hormel Compleats meal            Packet of tuna            Instant rice cup</p>
<p><b>Sides</b>            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><b>Desserts</b>            Cookies            Candy bar            Little Debbie or Hostess treats            Rice Krispie treat            Pudding or Jell-O cup</p>
<p><b>Beverages</b>            Bottled water (+ instant coffee or MiO water flavor)            Gatorade/Powerade            Juice box</p>	

