



On-the-Go Meal Kit Guidelines

Make sure a family never misses a meal!

Families often don't have the time, funds, or energy to prepare a quick meal while traveling back and forth from the hospital and clinics. Our On-the-Go Meal Kit Program serves to meet the family's nutritional needs. Additionally, these kits help us to expand our support to families beyond those staying at RMHC Charleston. This is a great volunteer opportunity for large groups as they get together and assemble meals kits for families to use in their time of need.

How to Get Started:

Please contact RMHC Charleston to schedule a time to pick up your OTG Meal Kit bags. Your group is then responsible for filling the bags with non-perishable items. There should be **NO** products that require a refrigerator, freezer, or can opener. The meal kits should include a main entree, side, beverage, and plastic utensils. **Please make sure all microwavable items are in microwave-ready packaging. Additionally, please write the expiration date of your earliest expired item on the bottom of your bags. We ask that you please refrain from including any items that include nuts, peanuts, or peanut butter.**

Groups are encouraged to decorate their bags with inspirational quotes or drawings! Because many families have different beliefs, we ask that you or your group refrain from including any religious messages. It is, however, acceptable to include a message saying, "We'll keep you in our thoughts." Additionally, including small activities in the bags is always a nice touch!

Once the meal kits are made, they should be dropped off directly to RMHC Charleston: 81 Gadsden St. Charleston, SC 29401. You may deliver the bags between 8:30 AM - 8:30 PM. The staff and volunteers at the House will then distribute the kits to the 32 families staying at the House and families at MUSC hospitals and clinics.

Please email Maddie@RMHCharleston.org with any questions!

Example Items to Include:

Entrees

- Chef Boyardee Microwavable Bowls
- Easy Mac Microwavable Bowls
- Star-kist To-Go Packs & Crackers
- Campbell's Soups in Microwavable Containers
- Healthy Choice Fresh Mixers
- Ramen Noodles in Microwavable Cups

Beverages

- Bottled Water
- Juice Boxes
- Individual Powdered Drink Mixes
- Boxed Milk
- Tea Bags
- Hot Chocolate

Sides

- Individual Pudding Snacks
- Apple Sauce
- Chips
- Cheese & Crackers (No Peanut Butter)
- Granola Bars (No Nuts or Peanut Butter)
- Dried Fruit
- Microwavable Popcorn
- Oatmeal
- Ritz Bitz Sandwiches (No Peanut Butter)
- Beef Sticks

Miscellaneous Items

- Napkins or Wet Naps
- Plastic Utensils