



On-The -Go Meal Kit Guidelines

Make sure a family never misses a meal

Keeping families close™

Families staying at Ronald McDonald House Charities of Charleston, as well as all families with a child in the intensive care units at MUSC, often don't have the time, funds, or energy to prepare a quick meal before heading to the hospital. The On-The-Go Meal Kits serve to meet the family's nutritional needs. Additionally, it will help us expand our services to more families who have children in the intensive care units, not just the families at the House. This is a great volunteer opportunity for large groups as they get together and assemble meal kits for families to use in their time of need.

How can your group go about making these meal kits?

Please contact RMHC Charleston to set up a time to pick up the 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 entrée, side, plastic utensils, and a beverage. **Please make sure microwavable items are in microwave ready packaging. Please write the expiration date of your earliest expired item on the bottom of your bags. Please omit any items that include nuts, peanuts, or peanut butter.**

Your group is also encouraged to write inspiration quotes or draw on the bags and to include small activities. Because many families have different beliefs, we ask that you or your group refrain from religious messages. It is, however, acceptable to include a message saying, "We'll keep you in our thoughts."

Once the meal kits are made, they should be dropped off to the Ronald McDonald House. You can deliver the bags between 8:30am-8:30pm. The staff and volunteers at the House will then distribute the kits to the 32 families staying at the House, and then also to all the families over at MUSC whose children are in the intensive care units.

Below are some examples of items that would be appropriate to the kits.

Examples of entrées:

- Chef Boyardee in Microwavable Bowl
- Easy Mac in Microwavable Bowl
- Star-kist To-Go Packs and Crackers
- Campbell's Soups in Microwavable Container
- Healthy Choice Fresh Mixers
- Ramen Noodles in Microwavable Cup

Examples of beverages:

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

Examples of sides:

- Individual Pudding Snacks
- Apple Sauce
- Chips
- Cheese & Crackers (No Peanut Butter)
- Granola Bars (No Nuts or Peanut Butter)
- Dried Fruit
- Microwavable Pop Corn
- Oatmeal
- Ritz Bitz Sandwiches (No Peanut Butter)
- Dessert Item/Candy Bar (No Nuts or Peanut Butter)

Miscellaneous items:

- Napkins
- Wet Naps
- Plastic Utensils

Please contact Abby with any questions. Volunteer@RMHCharleston.org or 843-723-7957ext 305

