



## Meals To Go

To Go Meal Kits are great ways for families to enjoy delicious and nutritious meals on the move! Having an easy meal is the perfect way to keep our families energized throughout their days at the hospitals. The Ronald McDonald House of Maryland will provide the bags and labels, while volunteers gather the contents and assemble the kits!

### Meal Content Requirements

- ♥ All food items must be nonperishable and shelf stable
- ♥ All food items must **not** require a refrigerator or a freezer to keep fresh.
- ♥ The food items should not require extra items in order to assemble the meal.
  - Items such as bowls, pans, and can openers should not be necessary to prepare the meal. If these items are needed, the item must be packaged in the To Go Meal Kit.
- ♥ Please include/keep the nutrition facts and ingredient lists on the packaging of the food items.
- ♥ Food items must have the expiration date visible on its packaging.
- ♥ If you supply your own bags they may be brown paper bags or white paper bags.

### To Go Meal Kits Assembly Instructions

- ♥ Each bag should contain **at least** one entrée item, one side item, one beverage and one set of plastic utensils.
  - Examples of potential food items are on the next page
- ♥ Please seal the tops of the bags with a provided To Go Meal Kit sticker.
  - Do not staple or tape the kit shut!
- ♥ On the lower right corner of the bag, place a provided label (as seen below) and write the date of each kit's assembly and the expiration date of the entire kit.
  - The expiration date for the entire kit must be the date of the earliest expiring food item.
  - Please allow this expiration date of the kit to be a minimum of **3 months** away.
- ♥ On the contents section of the label please provide a brief description of the items inside the kit.
  - This does not need to be a detailed list!
- ♥ The bags can be decorated with inspirational messages using crayons, markers, stickers, etc.

- ♥ Assembled on: **July 1, 2019**
- ♥ Expires on: **December 14, 2019**
- ♥ Contents:
  - Entrée(s): **Mac and Cheese**
  - Side(s): **Fruit Snacks**
  - Beverage(s): **Bottled Water**



**Meal Kit Suggestions:**

- ♥ **Entrées:** Ramen Noodles, Microwavable Mac and Cheese, Starkist Lunch To Go kits, Microwavable Barilla Pasta, Microwavable Soup, Microwavable Rice and Beans , and more!



- ♥ **Sides:** Chips, Fruit Snack Gummies, Granola Bars, Pudding, Nut Trail Mix, Dried fruit, Pretzels, and more!



- ♥ **Beverages:** Bottled Water, Juice, Gatorade, Coconut Water, and more!



- ♥ Please remember to pack a set of plastic utensils in each kit!



## Pricing Examples

Here are some budgeted Meals To Go bags. If your schedule does not allow the time to go and purchase the required food items, no worries, we got you covered! You can donate a check to the house and we will then gather the necessary food items for you to eventually make the bags. The check would need to be given to the house in advance, as we need enough time to order the food before you come assemble the bags 😊

If you have any questions please contact Chloe Ring at [cring@rmhcmaryland.org](mailto:cring@rmhcmaryland.org).

For 50 bags: \$125

- Beef and Vegetable Soup (54 servings)
- Smartfood popcorn (5 bags of 12)
- Water

For 50 bags: \$125

- Starkist Tuna To Go Lunch
- Fruit snacks (1 box with 10 pouches)
- Water

For 50 bags: \$75

- Easy Mac (54 servings)
- Nature Valley Granola Bars (3 boxes of 24 bars)
- Water