



Snack Bag Guidelines

Snack bags are a great way for our families to enjoy a healthy meal on-the-go! These are great for families to take with them from the houses to the hospital. You may assemble the bags in advance if they include pre-packaged items, or put them together at the houses if they include items like deli meat and cheese. The number you make is up to your group, but we recommend a minimum of 20 and no more than about 100.

**Due to food safety concerns and the well-being of our families, we request that all food be prepared in a licensed food establishment, a commercial kitchen or on-site in our kitchens. We are unable to accept food items or baked goods that are prepared off-site (such as in your home kitchen). Packaged goods from store in unopened containers and whole fruits/vegetables are acceptable.*

Some pre-packaged food might include:

- Pretzels
- Cheez-its
- Juice boxes
- Granola bars
- Chex mix
- Individual cereals
- Whole fruit
- Cereal bars

Some in-house “to-go” ideas might include:

- Yogurt
- String cheese
- Deli meat
- Cheese
- Fruit cocktail
- Fresh vegetables
- Trail mix
- PB & J

Need a place to assemble your snack bags? We have a community room that you can utilize. Simply let me know in advance the date you would like and we will check to see if the room is available.

Questions? Please contact me!

Kim Davis
410-528-1010 ext. 117
kdavis@rmhcmaryland.org