



# Breakfast Bags

With a delicious and nutritious breakfast on the move, Breakfast Bags are a great way for families to start their day! 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! For more information on Breakfast Bags, please look over our Breakfast Bags Manual.

## 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 Breakfast Bags 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.
- ♥ If you could bring one or two **gluten free** options that would be very helpful for many families.

## To Go Meal Kits Assembly Instructions

- ♥ Each bag should contain **at least** one breakfast entrée, 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 Breakfast Bag 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. Please refrain from using any religious messaging. Thank you!

- ♥ Assembled on: **July 1, 2020**
- ♥ Expires on: **December 14, 2020**
- ♥ Contents:
  - Entrée(s): **Oat Meal**
  - Side(s): **Granola Bar**
  - Beverage(s): **Bottled Water**



## Meal Kit Suggestions:

- Entrées:



- Sides:



- Beverages:



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



**Pricing Examples:**

Here are some budgeted Breakfast 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 Kim Davis at [kdavis@rmhcmaryland.org](mailto:kdavis@rmhcmaryland.org).**

For 25 bags: \$50

- Cereal Cups
- Fruit Cups
- Apple Juice

For 25 bags: \$60

- Belvita Breakfast Bars
- Apple Chips
- Cranberry Juice

For 25 bags: \$70

- Instant Oatmeal
- Apple Sauce
- Bottled Water