




# Meals that Heal

## Grab-and-Go Meal Kits

Volunteer-created meal kits provide families with a satisfying meal while they care for their children at an area hospital. **Use the menu ideas to pick a meal kit option that will give our guest families the comforts of home during their time of need.**

### GRAB-AND-GO MEAL KITS (Serves One Individual):

Grab-and-Go Meal Kits provide families at the Ronald McDonald House with a quick meal to enjoy in-between visits to the hospital. **Follow these simple steps to make your Grab-and-Go Meal Kits:**

- Have fun! Be creative by decorating your meal kit bags. **Please note:** no religious or health-related messages are allowed.
- Make your food selections – use the suggested menu ideas provided below for inspiration.

### GRAB AND GO MEAL KIT IDEAS - BREAKFAST MENU

**Entrée:** Oatmeal Cup  
**Side 1:** Fruit Cup  
**Side 2:** Danish or Muffin  
**Drink:** Milk Carton

**Entrée:** Microwavable Pancake Cup  
**Side 1:** Granola Bar  
**Side 2:** Packaged Muffins  
**Drink:** Bottled Water

### GRAB AND GO MEAL KIT IDEAS - LUNCH MENU

**Entrée:** Pepperoni Rolls  
**Side 1:** Trail Mix  
**Side 2:** Fruit Cup  
**Dessert:** Pack of Cookies  
**Drink:** Bottled Water

**Entrée:** Turkey or Ham Sandwich  
**Side 1:** Fruit Snacks  
**Side 2:** Bag of Chips  
**Dessert:** Candy Bar  
**Drink:** Gatorade

### Delivering Meal Kits

To arrange a delivery date and time for your meal kits, or if you have any questions, contact **Betsy Plants** at (304) 346-0279 or at [Betsy@CharlestonRMHC.org](mailto:Betsy@CharlestonRMHC.org).



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