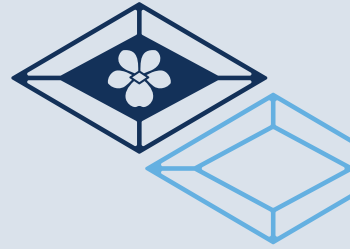


## 5th Annual Week of Service

# Signature EVENT



**THE GOAL:** For every alumnae association to include snack kits as part of one of their events or as a stand-alone event during Week of Service 2023

### WHAT'S INCLUDED IN A SNACK KIT?

Also considered an on-the-go kit, these tend to be the highest priority items for local RMHC® Chapters since they are beneficial for both Ronald McDonald House® program guests and RMHC Chapters that support families with outpatient procedures. Contents may vary, but think of it as a **full, shelf-stable meal** that can be eaten on-the-go in the hospital.

RMHC recommends including an **entrée, 1-2 sides, dessert, drink, and any necessary utensils**. Avoid major food allergens, like peanuts and tree nuts. Please connect with your local RMHC Chapter to inquire about any restrictions, quantities, etc. **Sturdy paper bags with handles** are preferred over paper bags without handles. Napkins or moist towelettes are helpful, and bring some **markers to write the contents and earliest item expiration date** on the outside of the bag.

PICK 1 ENTRÉE	PICK 1-2 SIDES	PICK 1 DESSERT	PICK 1 DRINK
<ul style="list-style-type: none"> <li>Chef Boyardee Microwavable Cups</li> <li>Easy Mac in Microwavable Bowl</li> <li>Soups in Microwavable Container</li> <li>Ramen Noodles in Microwavable Cups</li> <li>Healthy Choice Fresh Mixers</li> <li>Starkist Lunch To-Go Kits</li> </ul> 	<ul style="list-style-type: none"> <li>Apple Sauce</li> <li>Chips</li> <li>Pretzels</li> <li>Cheese &amp; Crackers (no peanut butter)</li> <li>Granola Bars (no nuts or peanut butter)</li> <li>Dried Fruit</li> <li>Microwavable Popcorn</li> <li>Instant Oatmeal Cups</li> </ul> 	<ul style="list-style-type: none"> <li>Gummy Bears</li> <li>Fruit Snacks</li> <li>Individual Pudding Snacks</li> <li>Granola Bars (no nuts or peanut butter)</li> <li>Dried Fruit</li> </ul> 	<ul style="list-style-type: none"> <li>Bottled Water</li> <li>Juice Box</li> <li>Individual Powdered Drink Mixes</li> <li>Tea Bags</li> <li>Hot Chocolate</li> </ul> 

### MIXING SISTERHOOD AND SERVICE: ASSEMBLING YOUR KITS

There are many options to mix sisterhood with this service event. Gather for lunch or dinner and have each member bring an item from the list. Or have members drop off items at one member's house and then get together to put the bags together. Be sure to include the quantity of each item you need when sharing the shopping list so you can provide as many complete kits as possible.

### ADDING A PERSONAL TOUCH

A personal touch is also encouraged - a handwritten card or positive message that is happy and hopeful. Because many families have different beliefs, please avoid religious messages.