



Ronald McDonald  
House Charities®  
Richmond

OFFSITE OPPORTUNITIES

## Grab-n-Go Bags

Grab-n-Go Bags provide an on-the-go meal option for families while they are at the hospital. This allows families to spend more time with their child and have one less thing to worry about. Please note, the maximum number we can accept at a time is **50 Grab-n-Go Bags**. Here are some guidelines for what to include:

### What goes in a Grab-n-Go Bag?

- Volunteers **purchase** a small microwaveable meal, fruit cup, 2-3 other snacks and a small juice or half-sized water.
- Items must go in a **clear gallon-sized Ziploc bag**.
- Please include pre-packaged plasticware, if applicable.
- Generic hand-written notes are optional. Please no holiday specific notes or religious messages.

### What kinds of food should and should not be included?

- All food items must be non-perishable, store bought, and individually pre-packaged.
- Please ensure all food items' expiration dates are at least 2 months out from the date of donation.
- Please no 'Cup of Noodles' as they are not allowed at some hospitals.
- Please do not include any food items with a foil top (i.e. apple sauce).
- Please do not include any canned food items.

### Before you start packing:

- Look at the expiration dates for each of the items included in the bags. Please write the expiration date on EVERY item before you pack the item into the Grab-n-Go Bag (please see picture for guide)
- This will allow our staff to ensure we can use the Grab-n-Go Bag before any items expire.



Donations can be dropped off at the House any day between 9am-9pm.

To learn more about our offsite opportunities or to schedule a tour, please contact our Volunteer Coordinator, Sernarra, at [sernarra@rmhc-richmond.org](mailto:sernarra@rmhc-richmond.org).

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