



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, 3-4 snacks (Rice Krispie Treats, apple sauce pouches, chewy granola bars, cookies, etc.), and a small juice box or Gatorade.
- Items must go in a **clear gallon-sized Ziploc bag**.

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' or ramen noodles as they are not allowed at some hospitals.
- Please do not include any food items with a foil top (i.e. apple sauce) or 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 Ronald McDonald House on Monument any day between 9am-9pm.

Questions? Contact us at the Ronald McDonald House at 804-355-6517.

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