

# Creating Meal Kits for our Families



Create either Grab-and-Go meal kits for families to enjoy during their stay or Welcome Home meal kits for families to take with them after they leave.

## Here are a few tips for creating your meal kits:

- Meal kits can only include **nonperishable**, shelf-stable items. Do not include food that needs to be refrigerated or frozen.
- All food must be **factory sealed** and unaltered from the time of purchase.
- Each kit should include **one entrée, two sides, a beverage, and dessert**.
- Include packaged plastic utensils and napkins.
- Label the kits with any **expiration dates** and **common allergens**.
- Make as many kits as you'd like! There are no minimum or maximum quantity requirements – just make sure your kits are complete!

## Grab-and-Go Meal Kits

Grab-and-Go meal kits provide families with a quick, easy meal to enjoy even on their busiest days. Follow these simple steps to make your Grab-and-Go meal kits:

1. Purchase [these handy boxes](#) in which to pack the food.
2. Buy [packaged utensils and napkins](#) (one per meal kit) to include in each kit.
3. Make your food selections – Each meal kit serves **one** individual.
4. Label each kit with its complete contents so families know what to expect and enjoy!

## Welcome Home Meal Kits

Families have lots to juggle when returning home after their child's hospital stay. Welcome Home meal kits ease this transition by answering the question of "What's for dinner?" and give families one less thing to worry about. Follow these steps to make your Welcome Home meal kits:

1. Purchase [these grocery totes](#) in which to pack the food.
2. Buy [packaged utensils and napkins](#) (five per kit) to include in each kit.
3. Make your food selections – Each meal kit serves **five** individuals.