



RONALD MCDONALD  
HOUSE CHARITIES®  
OF BALTIMORE

# Snack Bag Guidelines

Ronald McDonald House Charities® of Baltimore  
[www.rmhcaltimore.org](http://www.rmhcaltimore.org)

Snack bags are a great way for our families to enjoy a healthy meal on-the-go! These are great for families to take with them from the houses to the hospital. You may assemble the bags in advance if they include pre-packaged items, or put them together at the houses if they include items like deli meat and cheese. The number you make is up to your group, but we recommend a minimum of 20 and no more than about 50.

*\*New Global RMHC Policy (to be fully implemented by 2014) – Due to food safety concerns and the well-being of our families, we request that all food be prepared in a licensed food establishment, a commercial kitchen or on-site in our kitchens. We are unable to accept food items or baked goods that are prepared off-site (such as in your home kitchen). Packaged goods from store in unopened containers and whole fruits/vegetables are acceptable.*

Some pre-packaged food might include:

- Pretzels
- Cheez-its
- Juice boxes
- Granola bars
- Chex mix
- Individual cereals
- Whole fruit
- Cereal bars

Some in-house “to-go” ideas might include:

- Yogurt
- String cheese
- Deli meat
- Cheese
- Fruit cocktail
- Fresh vegetables
- Trail mix
- PB & J

Need a place to assemble your snack bags? We have a community room that you can utilize. Simply let me know in advance the date you would like and we will check to see if the room is available.

**Questions? Please contact me!**

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