

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.

What goes in a Grab-n-Go Bag?

- Small ready-made meals:
 - Microwavable meals: Chef Boyardee, Compleats, Marie Calendar
 - Chicken and tuna salad kits
 - Individually packaged cereal and oatmeal cups
- Items must go in a clear gallon-sized Ziploc bag.

What doesn't go in a Grab-n-Go Bag?

- All food items must be non-perishable, store bought, and individually pre-packaged.
- Please ensure all food items are within expiration date
- Please no 'Cup of Noodles' or ramen noodles. They are not allowed at some hospitals.

Before you start packing:

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



Drop Off

Donations can be dropped off at the Ronald McDonald House on Monument Avenue any day from 9am-9pm.

Questions?

Contact us at the Ronald McDonald House at house@ronaldmcdonaldhouserva.org or 804-355-6517

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