Easy Meal Care Bags
Instructions

Green tote bags are available for pick-up, or you can use brown paper grocery bags (double-bagged and decorated if you choose).

• 2 x 12 fl oz Gatorade or sports drinks
• 2 x 8 fl oz boxes of shelf-stable plain milk
• 2 single-serving oatmeal bowls or cereal boxes
• 2 x 10+ oz pull-open top cans of chunky soups with protein (not condensed)
• 2 x 2 oz single-serving microwavable mac & cheese bowls
• 2 single-size bags of salty snacks/nuts/chips
• 4 energy bars/granola bars
• 2 x 2+ oz packs of cookies
• 2 small packs/cups of applesauce/fruit or fruit leather
• 1 pack of gum or mints

Thank you for volunteering to create Easy Meal Care Bags for There With Care families.

DROP OFF LOCATIONS
M-F 9am-2pm: 2682 Middlefield Road, Suite H | Redwood City, CA 94063
Call to Schedule: SOMAcentral | 450 Townsend Street | San Francisco, CA 94107
bayarea.therewithcare.org | 650.268.8555

EIN #: 45-3952029. There With Care of the Bay Area is a 501(c)(3) Non-profit recognized by the IRS.