

Easy Meal Care Bags

Instructions



Easy Meal Care Bags are a helpful way to support the entire family with a variety of easy-to-prepare foods and snacks that give them more time together without the added stress of leaving the hospital bedside for food.

Please wash your hands before you start. We'd love to see you in action – please share photos!
Reach out with any questions. Bags can be returned to either of our locations (see below).



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

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