

meal bags



Why meal bags?

This project is in partnership with Children's Healthcare of Atlanta. Meal bags are a wonderful donation that the CHOA staff uses to keep patients and families nourished throughout the entire day. When you are putting together a meal bag, think breakfast through dinner items with a few snacks!

Ex: Breakfast bars, fruit cups, instant rice/beans, pudding cups, individually packaged trail mix, or single serving oatmeal/grits/spaghetti/popcorn

Materials

- Suggested food items listed under directions
- All items must be commercially prepared and individually packaged (nothing homemade)
- Ziploc Bags or other Bags
- Printer
- Pen

conversation starters

- How does nutrition affect you?
- How would nutrition help you if you were sick?
- Would you appreciate a meal or snack if you were visiting a family member in the hospital?

start a ripple of giving

- Pay attention to how fueling your body with food feels and realize how important a nutritious meal is for patients!

DIRECTIONS

1. Each meal bag should contain: 1 entree, one breakfast item (PopTarts, oatmeal, breakfast bar, etc), one fruit item (applesauce, diced fruit, etc), 2 side items (crackers, trail mix, etc)
2. Print off an expiration date label, provided by Pebble Tossers, and write the earliest expiration date of the items on the label and place on the bag.
3. Please be mindful of the expiration date, as expired items cannot be passed out
4. Bottled water tends to crush the other products in the bag, but a healthy juice box is a great option.

Suggested items: Homemade items are not accepted

- Single serving, microwavable meals like spaghetti, chili, or stew
- Easy-open, low-sodium soups
- Hormel meals
- Microwavable Mac and Cheese cups
- Tuna/chicken bags/pop top cans/lunch to-go
- Single serving oatmeal or grits
- Breakfast bars
- Fruit or applesauce cups with no added sugar
- Single-served popcorn
- Instant rice/beans in microwavable pouches or cups
- Individual pudding cups
- Individually packaged trail mix, granola bars or dried fruit
- Single serving packaged crackers

NEXT STEPS

Deliver your meal bags to one of the CHOA locations:

- Scottish Rite
- Egleston
- Hughes Spalding

REFLECTION

Bring your family or group together after making the meal bags and discuss the questions below:

- Why was it important to do this project?
- What was it like to work together as a family for this project?

