



Healthy Snack Assembly

to nourish Ronald McDonald House Guests

Families at Ronald McDonald House have busy schedules, moving between appointments and hospital visits. Your group can nourish them on-the-go by assembling healthy snacks.

You will select at least 1 recipe per 5 volunteers and use our shopping list to purchase all necessary ingredients before your arrival. Service groups are responsible for the cost of healthy snack ingredients. RMHC will provide all other resources.

Service opportunities are available Tuesday, Wednesday or Thursdays 10 am- 12 pm, or 1 pm- 3 pm for up to 10 volunteers.

To schedule contact Arielle Hirt, ahirt@rmhccin.org.



YOGURT PARFAITS

Items to purchase

- 320 oz plain yogurt
- 12 oz honey
- 240 oz fresh berries
- 64 oz granola
- 1 roll paper towel

Estimated cost: \$100

FRUIT CUPS

Items to purchase

- 75 oz. strawberries
- 75 oz. blueberries
- 75 oz. grapes
- 75 oz. raspberries
- 1 roll paper towel

Estimated cost: \$80

SANDWICHES

Items to purchase

- 160 oz/10lbs Deli Meat
- 60 Slices of Cheese
- 4 Heads of Lettuce
- 120 slices of Bread
- 2 rolls of plastic wrap

Estimated cost: \$100

VEGGIE CUPS

Items to purchase

- 70 oz. ranch
- 2 celery hearts
- 80 oz. carrots
- 8 bell peppers
- 5 seedless cucumbers
- 50 oz. grape tomatoes

Estimated cost: \$50