



# Kathy's House

A HOSPITAL GUEST HOUSE

## PREPARING BAG LUNCHES FOR GUESTS



Our guests often share how much they appreciate having a home-cooked meal. By cooking a meal, you are truly providing a break for families from eating out, going to a vending machine, or just skipping a meal. You will leave knowing you have truly made a difference.

Everyone visiting or preparing meals must be healthy in order to protect guests who may be immune compromised. Group size is limited to no more than six individuals. All members of the group should wash their hands and wear gloves while preparing meals.

### Details

- Bag lunches should be ready/dropped off by 9:00 a.m.
- Guests should be able to pick up the bag lunches before they leave for the hospital.
- Please allow time to clean up after putting together lunches.
- We ask volunteers to plan to prepare for 40 people.
- We encourage healthy meals with fresh, organic ingredients whenever possible.

### What to Bring

- Please bring all of the ingredients to prepare your meal, including paper bags for lunches.
- We provide condiments for guests.
- Feel free to bring a favorite pot to cook in and take back as soon as you are done.

### Menu Ideas

- Please send your menu to Director of Volunteer Services Marie at least a week before dropping off so we can post it.
- Labeling dishes is very helpful for guests who may have food allergies or sensitivities. If the meal contains nuts, please note this by the dish.

### Bag Lunch

- Fruit cups/applesauce (include a plastic spoon)
- Nuts, trail mix, goldfish, pretzels, granola bars, etc. (Pre-packaged items only)
- Always include a napkin, handwipe, and bottle of water.
- Other ideas include, but are not limited to, caesar salad, pasta salad, chicken or tuna salad.

## THANK YOU!

Questions? Please contact Marie Grevsmuehl, Director of Volunteer Services at (414) 453-8290 or [marieg@kathys-house.org](mailto:marieg@kathys-house.org)