



Kathy's House
A HOSPITAL GUEST HOUSE



PREPARING GRAB AND GO BREAKFAST

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

- Grab n Go Breakfast should be ready/dropped off by 6:00 a.m.
- Guests should be able to pick up the breakfast bags before they leave for the hospital.
- Please allow time to clean up after putting together breakfast to go bags.
- 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 breakfast items.

Breakfast Grab n Go Bag

- Yogurt/applesauce (include a plastic spoon)
- Breakfast sandwich, ready-to-drink Carnation, instant breakfast packets, oatmeal in a cup. (Pre-packaged items only)
- Fruit- apples, clementines, grapes.
- Trail mix, breakfast bars, Nutrigrain bars, protein bars.
- Always include a napkin, handwipe, and bottle of water/juice.

THANK YOU!

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