



Preparing “Snacks to Go” for Guests at Kathy’s House

Our guest often share with us how much they appreciate have snacks to bring to the hospital. By preparing a “snack to go” you are providing a healthy snack for our families!

Snacks to Go can be made either at your office, home, or school.

General Guidelines

- Please remember that everyone visiting or preparing “snacks to go” must be healthy in order to protect guests who may be immune suppressed.
- Please use gloves when preparing “snacks to go.” We have gloves at KH for your use.

Details

- You can make “snacks to go” at Kathy’s House. Please allow time for clean up after preparation, as we do not have a housekeeping staff. OR. You can put the “snacks to go” at your business, school, organization and bring the snacks to Kathy’s House.
- You can make different types of “snacks to go.”

Fresh “Snacks to go”

- Carrots, peppers, cucumbers, hummus, pretzels, cheese sticks and a piece of pita bread (please wrap in saran wrap).
- Grapes, fruit, cheese sticks, nuts.
- Dried fruit, nuts, pretzels mix (if you include pretzels in a fresh snack to go, please use individual snack packets. Pretzels tend to get soggy when in the refrigerator).

Or

Non-Perishable “Snacks to go”

- Granola, breakfast or protein bars, nuts, water, individual snack packs (pretzels, Pirates booty), hard candy, instant oatmeal, mini candy bar
- Tea, Hot Chocolate
- Kleenex, hand wipes
- All snacks need to be in the original wrappers

Your favorite recipes are always well received!

Questions? Please contact Marie Grevsmuehl, Volunteer Coordinator at 414-453-8290,

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