



**Kathy's House**  
A HOSPITAL GUEST HOUSE

## PREPARING "SNACKS TO GO" FOR GUESTS AND KATHY'S HOUSE

Our guests appreciate having snacks to bring to the hospital. By preparing a "snack to go" at your office, home, or school, you are providing a healthy snack for our families!

### General Guidelines

- Everyone 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".

### Details

- You can make "snacks to go" at Kathy's House. Please allow time for clean up after preparation, as we do not have housekeeping staff.
- You can prepare the "snacks to go" at your business, school, or organization and bring the snacks to Kathy's House.
- You can make different types of "snacks to go"
- All snacks need to be in the original wrappers.

### Fresh "Snacks to Go"

- Carrots, peppers, cucumbers, hummus, pretzels, cheese sticks, and a piece of pita bread (please wrap in saran wrap)
- Fruit (grapes are great!), cheese sticks, nuts, trail mix, etc.
- Dried fruit, nuts, pretzels mix (if you include pretzels in a fresh "snack to go", please use individual snack packets as pretzels tend to get soggy when in the refrigerator.



### Non-Perishable "Snacks to Go"

- Granola, breakfast or protein bars, nuts, water, individual snack packs (Pretzels, popcorn, etc.) hard candy, instant oatmeal, mini candy bars, etc.
- Tea, hot chocolate
- Flavored water packets

## THANK YOU!

Your favorite recipes are always well received as well! Questions? Please contact Marie Grevsmuehl, Director of Volunteer Services at (414) 453-8290 or [marieg@kathys-house.org](mailto:marieg@kathys-house.org)