



Easy Meal Care Bags are a helpful way to support the entire family with a variety of easy-to-prepare comfort foods and snacks that give them more time together without the added stress of leaving the hospital bedside for food.

Please wash your hands before you start. Please attach an included tag to each bag. When finished, promptly drop off the bags at either office during our business hours (Monday through Friday, 9 am to 2 pm).



Scan the QR code to learn more about the families we serve

## Each Bag Includes

All products need to be individually wrapped snack size.

- 2 Chips or Popcorn
  - 3 Goldfish Crackers
  - 4 Rice Krispies Treats
  - 2 Applesauce Pouches
  - 4 Granola Bars
  - 4 Oatmeal Packages
  - 4 Fruit Strips or Fruit Snacks
  - 3 Mac and Cheese Cups
  - 4 Juice Boxes/Capri Sun
  - 1 Soup with Meat
  - 1 Soup Vegetarian
- OR- substitute 2 vegetarian soups when meat soup is not available

**Please note:** Expiration dates must be 3+ months out

*Thank You* for volunteering to create Easy Meal Care Bags for There With Care families

[therewithcare.org](http://therewithcare.org) | Reach out with questions and photos are appreciated: [volunteers@therewithcare.org](mailto:volunteers@therewithcare.org)

**Boulder:** 2825 Wilderness Place, Suite 100 | Boulder, CO 80304 | 303.447.2273  
**Denver:** 7808 Cherry Creek South Drive, Suite 213 | Denver, CO 80231 | 303.756.2273