



Grab & Go Packs provide an on-the-go meal option for families while they are at the hospital. This allows families to spend more time with their child and have one less thing to worry about.

It's a great group project to do with your family, friends or co-workers if you're looking for a way to support Ronald McDonald House Ireland

If you are looking to provide Grab & Go items, we recommend the following:

(but please check that they don't contain nuts, and that if you're buying multipacks that they stay as multipacks in the packaging with the ingredients listed):

Juice Cartons.
Hot Chocolate Sachets.
Cereal Bars.

Savoury Snacks.
Such as: Popcorn,
Crisps or Crackers.

Instant Noodles
Mash / Pasta Pots



Protein Bars.
Dried Fruit i.e. Boxes of Raisins.
Chocolate Bars.

Individually Wrapped
Biscuit Packs.

Pastries.
Porridge Pots.
Cup-a-Soup.



Ronald McDonald
House Charities®
Ireland

Keeping families close™

Please contact:
Louise Quail
louise.quail@rmhc.ie
for more information