

Meal Kit Donations



Thank you for donating to Mercy Care!
Big or small, your contribution is essential to our patients.

Kits will be given to patients who may have diabetes, hypertension or nut allergies. The following items are compatible with these dietary restrictions. Please place ONE INDIVIDUAL SERVING of each item into a kit.

Granola, Protein bar, and/or cheese sandwich crackers

Soft granola bar, around 100 calories, similar to Quaker "Chewy" and Kirkland Signature "Soft & Chewy" granola bars. Easy to chew for clients with dental concerns. Oatmeal raisin preferable to chocolate in summer months. **** Avoid peanut butter due to allergies. ****

1.4 oz packs (6 crackers/pack)
Limit sodium to 350mg/pack or less. Avoid Keebler Pepper Jack flavor and "ToastChee" line by Lance. ****Avoid peanut butter due to allergies****



Ready to eat pasta and/or soup (NOT condensed)

Spaghettios 7.5 oz cans
Chef Boyardee 7.5 oz "bowls" – various flavors. Ex: Ravioli, pasta in butter sauce, mac & cheese, spaghetti rings.
Soup: 10.5-12 oz - Campbell's "Healthy Request" Homestyle or Chunky soups . Need ability to eat right from container; easy to open. Look for titles like "soup on the go", "ready to serve". Low sodium preferred.



Salmon or Tuna pouch

2.5-2.6 oz
No seasoning preferred



Fruit cup (if available)

4 oz
No sugar added



Bottled water

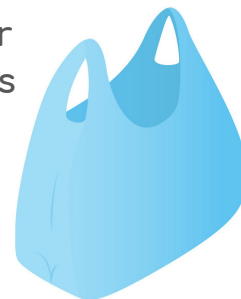


Spoons



Napkins or Wet wipes

Reusable or plastic bags



Kind notes (appreciated)



Contact Nicole Smith (NSmith2@MercyAtlanta.org) to coordinate your donation.