

## Bedtime Snack Pack Guidelines

Thank you so much for your interest in preparing bedtime snack packs for children staying at the Embry Rucker Community Shelter. Kids often want a little something to eat after dinner and before they go to bed. Snack packs provide us with something for them to enjoy before they tuck in for the night, without overloading them on sugar before they go to sleep. A small prize helps to make their snack special!

### **Snack Pack Content Suggestions (pick one or more from each category):**

#### **Snacks**

Dry cereal in baggie size portions  
Baggie of pretzels or goldfish crackers  
Cereal bar (no granola bars please)  
Popcorn  
Fruit Cup  
Non-refrigerated cheese and cracker pack  
Fruit pop tarts (with or without icing)

#### **Drinks**

Juice box  
Non-perishable milk drink  
Small bottled water

#### **Prize**

Pencil  
Pencil eraser  
Stickers  
Elastic bracelet

- Please call or e-mail Susan Alger at 571-323-1383 or [susan.alger@cornerstonesva.org](mailto:susan.alger@cornerstonesva.org) to schedule a drop-off time at the Embry Rucker Community Shelter, 11975 Bowman Towne Drive, Reston, VA 20190.
- We don't have refrigeration space for the snack packs so please only pack things that will be fine at room temperature for 2-3 days.