

Baby Monkey Face

Kids going through Chemo.

Imagine the taste of a penny stuck in your mouth and being served hospital food ...
Now imagine what you would eat to help cover up that horrible taste.

My son personally ate only kit-kat bars and salt and vinegar chips for 2 weeks. He ended up needing IV nutrition but avoided weight loss.

Shelf stable individually wrapped food items that do not require freezer, refrigeration, or can opener. Bowls and plate access is limited so preferably with microwavable container.

Items children would eat preferably any that would include lots of calories and if included hidden nutrition (like carnation instant breakfast and cliff bars) preferred but not necessary.

Anything children eat including but not limited to candy, candy bars, chips, Mac n cheese, ravioli, spaghettios, Takis, gummies, oat meals, soups

Anything with extreme flavor to hide the taste of chemo, including but not limited to hot sauce, sour patch kids, salt and vinegar chips,

Anything known for stomach settling like ginger, and peppermint

The hospitals typically have some things already provided these would be welcome but unnecessary- gold fish, cheese itz, gram crackers, saltines, crackers

Even if something isn't on the list or "right" all items are welcome as some families can also be given food to bring home and help with grocery bills. There is no wrong answer.