

Recovery Meal Kits

Campus Dining will deliver your Recovery Meal Kit to your residence hall once per day, for 3 days based on the time you submit your request and the next scheduled delivery time. We deliver at 7:30am, 11am, and 4pm. Your Recovery Meal Kit will be brought to you at the same time each day.

For example, if you submitted your request at 1pm, you will receive your first box at 4pm today and then again at 4pm for the next two days.

Meal Kits Day One and Two

- 2 bottles of water
- 2 bottles of Powerade
- 1 bottle of Sprite
- 2 tea bags
- 6 packets of sugar
- 1 package of oatmeal
- 2 microwavable bowl packs of soup (no cream soups)
- 4 packages of Saltines
- 1 applesauce cup
- 1 Jello cup
- 1 pudding cup
- Napkins, hot cups, silverware kits, and disposable bowl

Meal Kit Day Three

- all of the above items PLUS
- fresh fruit
- turkey & cheese sandwich (w/mustard & mayo packets)
- peanut butter
- jelly
- 2 slices whole wheat bread
- 1 bottle apple juice