**Babushka Health Packages**

*(Contents and Cost Per Bag)*

*Adapted from Appendix 3 in:* [*Baiu I, Titan A, Kin C, Spain DA. Caring for Caregivers–Resident Physician Health and Wellbeing. Journal of surgical education. 2019 Sep 4*](https://www.sciencedirect.com/science/article/abs/pii/S1931720419304179)*.*

