

# RMHC BREAKFAST GUIDELINES

Thank you for your interest in our Ronald McDonald House. Providing a breakfast is a nice way to help the families here giving them a good start to their day at the hospital.

## GETTING STARTED

Get a group of 1-7 volunteers, 8 volunteers the absolute maximum, together and call or email Meaghan or Tina to schedule a date.

EMAIL: [MPinkowski@RMHCofAlbany.org](mailto:MPinkowski@RMHCofAlbany.org)

PHONE: 518-438-2655

## PLANNING WHAT TO COOK

Plan to cook for 30-35 individuals for breakfast.

Feel free to make a simple breakfast or provide a few different items for the families to enjoy. We usually have plenty of milk, coffee, and tea, but it would be wonderful for you to bring juice.

Some meal ideas include: Omelets, Quiche, Egg Sandwiches "Egg McMuffins", Omelet Wraps, Pancakes, French Toast, Yogurt & Fruit Parfaits, Fresh Cut Fruit, Sausage, Bacon, Canadian Bacon or Ham.

## WHAT TO BRING

We need you to provide the necessary ingredients and food for what you want to prepare. We supply usual kitchen equipment. We also have an electric fry pan, electric griddle, waffle iron, and a blender stored in the pantry for your use.

## SERVING

We ask that breakfast be ready by 9:00am at the latest. You can arrive as early as 7:00am to begin preparing and serve earlier than 9:00am if you are able to.

You can cook to order but families typically trickle through in the morning and may be anxious to get to the hospital and may not want to wait. If it is all ready, they'll be more likely to grab a bite before they head out. For that reason, we highly recommend setting breakfast out buffet style but it is not required.

## CLEAN UP

Please wash with hot water and dish soap all pots, pans, griddles, waffle irons, etc. that you may have used that are too large for the dishwasher. All other items must be washed in the dishwasher.

## BE HEALTHY!

For the safety of our children and parents, **ALL** visitors to our House **MUST** be healthy: free from fever, cough or colds, or stomach virus.

All Food must be prepared and cooked on site unless it comes directly from a restaurant or commercial bakery.

All bakers must wash their hands prior to and during the cooking process. Food safe gloves are available in the kitchen and are required for volunteers to wear when handling ready to eat foods.

## FOR CONSIDERATION

We do not have a staff member present until 9:00am, please call a few days before your scheduled date to get the door code.

If this is your first time here, it can be helpful to plan a brief visit beforehand to see where things are stored and how to get in.

It is important to keep in mind that the families who you may see in the House while cooking are presently experiencing a crisis in their life. Please be empathetic. Set a respectful mood and keep in mind that families may still be sleeping.

Please sign our Goods & Services Book located at the front desk before you leave.

Tours may be given upon request. Please ask the volunteer or a staff member.

