

# 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 2-6 adult volunteers or age 16 & older together and contact Tina to schedule a date.

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

PHONE: 518-438-2655

## PLANNING WHAT TO COOK

Plan to cook for 25 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. Our kitchen is fully stocked with equipment including an electric fry pan, electric griddle, waffle irons, 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 to have breakfast ready as soon as you can but no later than 9am.

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 breakfast 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.

## BE HEALTHY

For the safety of our children and parents, **ALL** visitors to our House must be healthy: at least 24 hours symptom free from fever, cough or colds, or other viral symptoms.

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

All volunteers must wash their hands prior to and during the cooking process. Food safe gloves are provided and are required to be worn when handling all foods which are ready to eat.

## CLEAN UP

Please wash all pots, pans, griddles, waffle irons, etc. that you used and will not fit in the dishwasher with hot water and dish soap. All other items must be washed in the dishwasher.

## FOR CONSIDERATION

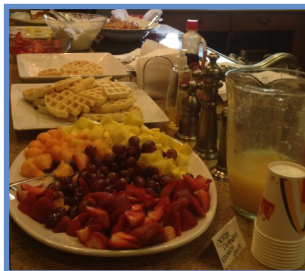
If this will be your first time here, we ask you to plan a brief visit to see our kitchen and other important details before your scheduled date.

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 a volunteer or staff member.

THANK YOU FOR YOUR SUPPORT!



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