

# RMHC MEAL GUIDELINES

Thank you for your interest in providing a meal for the families staying at the Ronald McDonald House. Our guests greatly appreciate a home cooked meal provided by caring individuals. Your efforts will take one more worry off their shoulders, provide them with a hot, home cooked meal and give them more time with their hospitalized child.

## GETTING STARTED

Get a willing group of 3-8 adult volunteers together and call or email Tina to schedule a date.

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

PHONE: 518-438-2655

## PLANNING YOUR MEAL

Choose the dishes you will make and call to let us know at least a week in advance. Please be prepared with a second option to help prevent repetitive menus.

We ask you to provide a complete meal with a meat, side dish and vegetable. Many dishes can be enjoyed by all ages, but we ask you to avoid serving lamb, fish or exotic dishes. When selecting your menu be aware that the majority of our guests are adults. Providing beverages and dessert is optional.

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

## PLANNING THE RIGHT AMOUNTS

Most nights you will need to provide dinner for between 40-50 people. The actual number of people dining will vary night to night. We can confirm the best estimate for your dinner a few days before your dinner date. Not all families will be back to the House at dinner time but they will look for leftovers when they return later.

## SERVING TIMES

Dinner is served between 5:00-6:00pm; your group can arrive between 3:00-4:00 to start preparing dinner. If your group needs to arrive earlier or will be bringing food from a restaurant and arriving later please contact the staff to inform them of your arrival time.

## SERVING

Our kitchen is fully stocked with pots and pans, roasting pans and baking sheets. We have utensils and knives for you to use and plenty of serving platters and bowls for you to serve from.

Dinner is served buffet style. Please set up the meal on the island in the main kitchen. Guests serve themselves.

## CLEAN UP

Please wash all pots and pans that you used. All utensils, dinner plates, small bowls and glasses are required to be washed in the dishwasher.

## FOR CONSIDERATION

All participants must be healthy; at least 24 hours symptom free from fever, cough, cold and other viral symptoms.

Please remind all cooks to thoroughly wash hands before and during meal preparation. Food safe gloves are provided and must be worn when handling food which is ready to be served.

If an unforeseen conflict should arise and you are not able to prepare your meal please try to provide for a pizza, deli or Chinese food night instead.

Please call a staff member to make arrangements.

**THANK YOU FOR YOUR SUPPORT!**



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