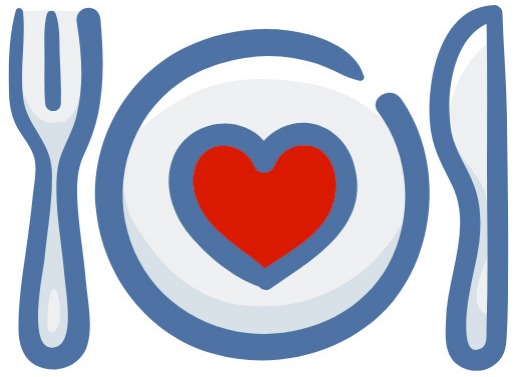


Love is Served



Ronald McDonald House® Meal Program

When caring individuals come together to provide home-cooked meals for families staying at the Ronald McDonald House, that's when *love is served*.

The Albany Ronald McDonald House provides a home away from home for families with children receiving critical care at nearby hospitals. Fresh, hot meals and treats prepared by caring community volunteers bring comfort and hope to these families when they need it most.

Through our Ronald McDonald House Meal Program, you can help ensure that love is served to our guest families 365 days a year. Contact us to reserve a spot on our Meal Program schedule. There are several ways to help:

PREPARE A MEAL

Gather a group of 2-4 volunteers to cook dinner (serving 30-40 guests) at the Ronald McDonald House
Needed 3:00-6:00 P.M. daily

SPONSOR A MEAL

Order dinner directly from the restaurant of your choice or make a donation to cover the cost of one night's meals (~\$250).



Ronald McDonald
House Charities®
of the Capital Region

To sign up, please contact:

Julia Geisel, House Manager
(518) 438-2655 | jgeisel@rmhcofalbany.org

139 South Lake Avenue, Albany, NY 12208 ♥ www.rmhcofalbany.org

Meal Program Guidelines

Thank you for your interest in supporting the Ronald McDonald House Meal Program as a volunteer chef! Your efforts bring comfort and nourishment to our guest families and allow them to focus on their child's well-being without the added stress or cost of preparing daily meals. Please review the basic guidelines below and contact us to schedule a time to serve.

- Please **do not visit** the Ronald McDonald House or handle any food items - even if only to drop them off - if you may have been exposed to COVID-19 or have experienced a fever, cough, cold or other viral symptoms in the last 14 days.
- If you are interested in becoming a meal partner, please be aware of the following:
 - **All food must be prepared and cooked on-site** unless it comes directly from a restaurant, grocer or bakery.
 - **In-House meal preparation is currently limited to adult volunteers (18+) in regular groups of no more than four people.** Groups must consist of the same individuals each time.
 - **You will be responsible for supplying all of the food/ingredients needed for your meal.** Our kitchen is fully-equipped with cookware, utensils, serving dishes and supplies for you to use.
 - **Meals should serve 30-40 people and should consist of a main dish and at least 2 sides** (including a protein, carbohydrate and fruit/vegetable). Beverages and desserts are optional.
 - **In-House volunteers must maintain appropriate social distancing, wear masks, wash hands frequently and use gloves to handle food.** Masks and gloves will be provided if needed.
- If you wish to sponsor a meal on a specific night, please contact us to make arrangements. To make a donation to cover the cost of a meal on an unspecified night, visit [RMHCofAlbany.org/LovelsServed](https://www.rmhc.org/LovelsServed).

Sign up or request more information:

Julia Geisel, House Manager
(518) 438-2655 | jgeisel@rmhcofalbany.org