

Love is
Served
-curbside-



Support our Ronald McDonald House[®] Meal Program during COVID-19

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

In light of the ongoing pandemic, we've updated our Meal Program guidelines to minimize exposure risks for our guests. There are several ways you can help ensure that *love is served* safely during this time:

SPONSOR A MEAL: Order directly from the restaurant of your choice for delivery to the Ronald McDonald House, or make a financial donation to cover the cost of one night's meals (~\$250).

PROVIDE GIFT CARDS: Host a drive to collect restaurant gift cards for the House. See reverse for a list of desired restaurants.

BECOME A MEAL PARTNER: Commit to sponsor or prepare a meal at the House on a regular basis (at least once a month for a minimum of 6 months). See reverse for additional guidelines.



Ronald McDonald
House Charities[®]
of the Capital Region

Sign up or request more information:

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

COVID-19 Meal Program Guidelines

Thank you for your interest in supporting the Ronald McDonald House Meal Program during the COVID-19 pandemic. Your support will help ensure that our guest families have safe, fresh, worry-free meals waiting for them every night after long days spent by their child's side at the hospital. Please review the guidelines below and contact us to discuss how you can help.

- 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 and regularly preparing meals at the House, 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 20-30 people and should consist of a main dish and at least 1-2 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 collect gift cards to support the Meal Program, we would welcome them in any amount from these preferred restaurants:

99 Restaurant	Domino's	Subway
Cardona's Market	Panera Bread	TJ's Cafe
Chipotle	Pepper Jack's	
- 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/LevelsServed](https://www.RMHCofAlbany.org/LevelsServed).

For more information, contact Julia Geisel at (518) 438-2655.