



# HOT MEAL PROVIDER GUIDELINES



## Who Can Prepare A Hot Meal?

Groups of ten masked volunteers can prepare and serve a meal. Children 12-17 are welcome to help, but a minimum of one adult for every three youths is required and they must assist in the preparation of the meal the entire time they are at RMHC Dayton. Please do not bring along additional helpers as we won't have "extra" jobs for them.



## Hot Meals Needed

### BREAKFAST 8:00 - 9:00 AM

- Available on weekends
- Arrive no earlier than 6:45 am
- Plan for 20-25 people

### DINNER 5:00 - 6:00 PM

- Arrive around 3:30 pm (arrival time depends on your meal)
- Meal ready between 5-6PM
- Plan for 30-35 people

## What To Bring:

Please bring all food and baking ingredients needed to complete the meal. Desserts and non-alcoholic drinks are optional but always welcome. We have a soda machine, milk, and water available for guests. Bring paper plates, napkins, bowls (no Styrofoam please), and plastic utensils.

### Available Supplies:

- |                  |                    |
|------------------|--------------------|
| • Pots & Pans    | • Mixer            |
| • Four Ovens     | • Knives           |
| • Four Stovetops | • Cutting Boards   |
| • Two Microwaves | • Baking Sheets    |
|                  | • Cooking Utensils |



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*Keeping Families Close*

## What Should We Cook?

Groups set the menu and provide the ingredients. Each dinner should include a main course, a side dish, and a vegetable. Please keep in mind we have many spaghetti and taco meals. While there are no dietary restrictions, we do ask that you clearly label foods that contain well-known allergens. High risk foods, such as shellfish, non-pasteurized juice or milk, raw seed sprouts or under cooked meat, fish and raw eggs are prohibited. Meal providers are encouraged to think of dishes that can be easily divided and reheated. For planning purposes, please let us know the week before coming what your group has chosen to cook.



## Preparation

Please review the **volunteer guide** to food safety before arriving.

Dinner preparation must be done on-site; unless it is prepared in a commercial kitchen and brought in. Food prepared at a licensed retail food establishment, such as a pizza place or restaurant can be accepted if it has been protected from contamination and is delivered directly from the retail establishment.

For sanitary reasons, all meals must be prepared at the Ronald McDonald House from unopened packaged ingredients, delivered in their proper condition. For instance, frozen foods must still be frozen solid, refrigerated items cold, and canned/boxed items sealed with an expiration date printed on them.

If you are unable to prepare a hot meal in House but would still like to provide one, store bought frozen entrees, such as lasagna, barbeque chicken or pizza are graciously accepted. When paired with a few bags of salad and a side item, such as rolls these foods can still provide a full meal for our families. All items must be sealed and in their original packaging to be accepted.

Please note, the actual number of family members attending a meal may vary. Our families spend a majority of their time with their children and if they miss a dinner, they look forward to returning to the House to find something in the refrigerator prepared and ready to eat.





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### Clean Up

Meal providers are responsible for leaving the kitchen in the same condition they found it.

- Food should be packaged in individual containers, labeled and placed in the refrigerator
- All cookware used should be washed with soap and hot water
- Counters, stove tops, ovens, and grills should be cleaned
- Floors swept and free of debris
- Trash taken out to the dumpster through the back double doors



### Freezer Meals

We are also in need of prepared meals for The Ronald McDonald Family Rooms® (RMFR). The Ronald McDonald Family Rooms offer amenities of the Ronald McDonald House inside of the hospital for families' just steps away from their child's bedside.

Families have access to meals, shower facilities, and laundry facilities at no cost to the families. Averaging 30–40 visits a day, these warm meals provided in a home-like setting inside of the hospital is so appreciated by families. Please create meals that can be frozen and reheated either in a crock pot or in the oven. Please supply either re-sealable gallon sized Ziploc bags or half sized aluminum pans. Meals must be packaged separately and put away right after being prepared. For freezer meal ideas, please check out our Pinterest page.



“One of the greatest stress relievers is a hot meal at night. The hot meal at night goes a long way.”

- Jeremiah Cooper



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## Rules & Regulations

The safety and comfort of our guests is our top priority. While meal providers are welcome to interact with guest families it is imperative, they respect their right to privacy and observe reasonable boundaries. While not an inclusive list, guidelines for doing so can be found below:

- Photographs of your group are permitted. However, no guest should be visible in it without their explicit consent.
- Meal providers are limited to the common areas of the House. Under no circumstances is a meal provider permitted to enter a guest room.
- For everyone's safety, volunteers cannot be left unattended with any child who resides at our House. Volunteers may not take responsibility for supervising or caring for the children of House guests in the absence of a parent or guardian.
- Ronald McDonald House welcomes families from across the country and around the world, drawing guests from many different backgrounds. We welcome a variety of faiths and beliefs. Engaging in any type of religious solicitation is prohibited.
- Weapons (of any kind) are not permitted on the premises, nor are drugs or alcohol.
- For the safety of our guests, if volunteers are not feeling well or exhibiting symptoms of a cold, cough, fever, or flu we ask that you please stay home.
- Failure to abide by these guidelines, or otherwise observe reasonable boundaries, may result in an individual or group being asked to leave.

## Things To Know

**PARKING:** You can park in our circle driveway (on Chapel and Valley Street) or the parking lot across Chapel Street. Street parking is also available.

**TOURS:** We would love to show your group our House. Our Guest Services Associates are available to give you a tour of the House.

**TAX DEDUCTABILITY:** Hot meal donations are tax-deductible, a receipt for the full amount of your meal donation will be given to the individual or corporation before they leave the House.

## Questions?

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