



Ronald McDonald  
House Charities®  
Richmond

## LUNCH GUIDELINES

Thank you for preparing lunches for Ronald McDonald House Charities of Richmond. With your help, we can provide food to families while their child receives care. Our Lunches with Love program provides a quick and nutritious meal at the hospital when families need it most.

### Overview:

- You are responsible for purchasing items to make **30 lunches** (main item, fruit, and individually packaged snacks).
  - If you end up having additional supplies, please feel free to make more than 30 lunches -- we will use them all!
- Families appreciate variety! Consider multiple options like chicken salad, deli chicken, salads, or pasta salads.
- Rather than bringing beverages (families have access to beverages in the hospital), please consider bringing additional snacks which go very quickly at the hospital. Condiments and/or dressings are optional.
- Please limit your group to 8 people. Volunteers under 18 must be accompanied by an adult.
- If you cancel within 72 hours of your scheduled date, we request that you arrange for food to be delivered, since we will be unable to fill your slot on such short notice.

### Lunch Options:

#### Sandwiches

- Rolls, buns, or hearty sliced bread
- Ham, roast beef, chicken salad, roast turkey
- Sliced cheese
- Fresh fruit
- Individually packaged snacks
- Ziploc bags

#### Salads

- Lettuce
- Cherry tomatoes
- Cucumbers
- Ham and/or turkey
- Mini sweet peppers
- Shredded cheese
- Fresh fruit
- Individually packaged snacks

#### Pasta salads

- 5-6 boxes of pasta
- Cherry tomatoes
- Pepperoni
- Mini sweet peppers
- Shredded cheese
- Italian dressing
- Fresh fruit
- Individually packaged snacks

#### Rice Bowls

- Rice (at least 2 lbs)
- Protein (frozen meatballs, frozen chicken, etc.)
- Vegetable (broccoli, stir fry pack, etc.)
- Dressing or sauce
- Other toppings (green onion)
- Fresh fruit
- Individually packaged snacks

### Arrival Instructions:

- Please arrive between 8:30 a.m. 9:00 a.m. for the lunches to be prepared by 10:30 a.m. on weekdays and arrive at 11 am on Sundays.
- Please park across the street on Monument Ave or on one of the side streets (Davis, Strawberry, or Grace).
- All volunteers 18 years and older must bring a **valid state-issued photo ID** in order to be allowed entry.
- Upon arrival, please check in at the front desk and completely fill out the forms provided.

### Food Safety Guidelines:

- All food must be prepared on-site, in a commercial kitchen, or purchased from a store.
- Purchase all ingredients from a reputable provider.
- Please transport all ingredients/food items safely and properly.
- Wash hands, wear gloves/masks, keep surfaces clean, and tie back hair.

### Packaging Guidelines:

- Place sandwiches in individual Ziploc bags and salads in bowls. We will provide labels, bowls, and gloves.
- Do not package lunches individually. Our team will pack lunches and deliver them to the hospital once you have finished.



For any questions, please contact our Volunteer Coordinator, Stacey Lopez, at [stacey@rmhc-richmond.org](mailto:stacey@rmhc-richmond.org)

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