



**Ronald McDonald
House Charities®
Richmond**

MEAL GUIDELINES

Thank you for preparing meals for Ronald McDonald House Charities of Richmond. We could not provide families with children receiving medical care with the support they need without you.

After a long day at the hospital, coming back to a delicious meal provides comfort and helps families feel at home.

Overview:

- You are responsible for purchasing ingredients to make meals (**12-15 people for dinner and 8 people for breakfast**).
 - If you end up having more supplies, please feel free to make more meals for families to enjoy!
- Beverages and desserts are optional. Please only bring single-serve juices or waters, as opposed to 2-liter bottles.
- Our kitchen is fully stocked with cooking supplies, basic spices, pots/pans, and Tupperware.
- Please limit your group to no more than 8 people. Volunteers under the age of 18 must be supervised 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.

Arrival Instructions:

- For dinner, please arrive between 4:00 p.m. and 5:00 p.m. for dinner to be prepared by 6:00 p.m.
- For breakfast, please arrive between 8:00 a.m. and 8:30 a.m. for breakfast to be prepared by 9:30 a.m.
- Please park across the street 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 to the house.
- Wash hands, wear gloves and a mask, keep surfaces clean, and tie back hair.
- Avoid cross-contamination by keeping raw meats away from other ingredients.
- Cook food to proper internal temperatures and use a food thermometer.
- Store food properly in small Tupperware.

Please Note:

- For food safety purposes, meals should be individually packaged into small Tupperwares. RMHC Richmond provides the Tupperwares.
- Volunteers must wear masks through the duration of their time in the kitchen.
- Please do not be disappointed if our families are at the hospital when you arrive. They will happily enjoy the meal when they arrive back at the house.



For any questions, please contact our Volunteer Coordinator, Sernarra, at sernarra@rmhc-richmond.org

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