

Meals from the



YOU'VE SIGNED UP FOR A MEAL. *Now what?*

1. Plan your menu. Our goal is to offer families balanced, healthy and flavorful meals. In planning your meal, don't be afraid to be creative. Each meal should consist of an entree, sides, salad/vegetable and dessert. Please provide your menu one week prior to your date. Providing your meal helps to avoid meal duplication, and we do like to post the menu for families. For menu ideas, check out our [Pinterest boards](#).
2. Shop for your meal. Call the Volunteer Director prior to shopping as we have a supply of donated goods that groups are welcome to use. Your group may make iced tea and lemonade with supplies at the House, or supply a non-alcoholic beverage. (See Kitchen & Donated Supplies)
3. Find your way through our kitchen by using the [maps](#) located at the front of the kitchen.
4. Prepare the meal at the RMHFW. (See Health & Safety Issues on back)
5. Serve the meal on time for one hour.
6. Clean the kitchen after the meal. Cleaning anything used in preparing and serving the meal is considered to be part of the activity. Guest families clean their own tables. The cooking group is responsible for packing and labeling (date and contents) leftovers with the provided containers and labels. Groups need to make sure to put items back exactly where they were found. The kitchen should be left in the same condition as when the group arrived, clean & organized!
7. In the unfortunate event that your group will be unable to meet your commitment, we would appreciate as much advanced notice as possible so that we can make alternate arrangements to feed our guest families. Please call our main office at 817.870.4942.
8. Please dress in appropriate attire: casual work setting, clothing that is comfortable and practical (no shorts, tank tops, flip flops, etc.).

HOW MANY PEOPLE DO WE PLAN FOR?

Breakfast or Lunch	40-50
Dinner	60-70

Please understand that these numbers are estimates. The actual number of people attending the meal varies greatly even when the House is full. Not all families will be able to make it to the House at the scheduled serving times, but they will be searching for leftovers whenever they return to the House. Some families will prepare to-go plates for children and themselves. Rest assured that whether the food is eaten in the kitchen at the time of the meal, carried away to the hospital, or warmed up as leftovers later, it will be eaten and is very much appreciated.

WHAT TIME ARE MEALS SERVED?

Breakfast	8:30am
	<u>ARRIVE NO EARLIER THAN 7:30am</u>
Lunch	Noon
	Arrive around 10am
Dinner	6:00pm
	Arrive around 4:00pm

The time actually needed to arrive will depend upon your menu. Some meals require more prep time while others require less time. The arrival time suggested is the earliest we recommend that you arrive, but we ask that you be fully prepared to serve the meal at the set time to allow families to plan accordingly.

KITCHEN AND DONATED SUPPLIES

<u>KITCHEN</u>	<u>DONATED SUPPLIES</u>
Pots & Pans	Plates & Eating Utensils
Cooking Utensils	Paper Goods
Serving Containers/Warmers	Canned Goods
Beverage Dispensers	Condiments
2 Gas Cook Tops	Salad Dressing
4 Commercial Ovens	Pasta
4 Microwaves	Soup
Gas Grills	Etc.
Ice Dispenser	

KNIVES ARE LOCKED IN OUR PANTRY AND MUST BE REQUESTED

SEE REVERSE FOR ADDITIONAL INFORMATION



HEALTH & SAFETY *Issues*

1. All food served to our families must be prepared in our kitchen or purchased at a store/restaurant. Baked goods/desserts may be prepared off-site, but refrigerated desserts must also be prepared at the Ronald McDonald House.
2. Hand washing is important and required!
3. All volunteers must wear gloves while preparing, cooking and serving food.
4. All members of the cooking group must wear an apron. Aprons are provided; they take the place of name tags and help us identify House volunteers.
5. If you have hair that goes past your shoulders, please be sure to tie it back.
6. All food must be served at the proper temperature. Food warmers keep the food at the right temperature and are located in the cabinets below the buffet.
7. We want our cooking groups to feel "at home" in our wonderful kitchen, but must ask that our cooks refrain from sampling the foods or licking fingers while preparing food.
8. Volunteers with communicable diseases (common cold, recent exposure to chicken pox, flu-like symptoms, etc.) may not be part of the cooking group due to the compromised immune systems of so many of our children.

RESPECT *Families' Privacy*

Volunteers may not discuss religious, political, or racial views with families. The Ronald McDonald House is not a faith-based organization. We are a family-services agency that welcomes people of all beliefs. Volunteers from many different community organizations and religious organizations provide meals for our families.

DO show concern and compassion.

DON'T ask for details of the family's story.

DO tell a family you will remember them in your prayers.

DON'T try to facilitate a prayer service at the House or solicit prayer requests.

DO carefully consider these guidelines to assure that our mission and your mission are compatible.

TOURS

Tours of the House are optional when volunteers are available.

RMHFW 2015 STATS

916
families

14
days average length of stay

12,146
nights of stay

585
meals prepared and served

63
breakfasts

204
lunches

318
dinners



RONALD
MCDONALD
HOUSE
OF FORT WORTH

Established 1981

The Ronald McDonald House of Fort Worth provides a home-away-from-home for families with children receiving medical treatment in area hospitals.

Our vision is to never turn away a family.

JENNIFER JOHNS
Chief Executive Officer
jennifer.johns@rmhfw.org

ASHLEY NEILL
Volunteer Director
ashley.neill@rmhfw.org
meals@rmhfw.org
817.820.8934

1001 8th Avenue
Fort Worth, TX 76104

rmhfw.org

