



Food from the Heart



Thank you so much for your interest in preparing food for our Ronald McDonald House® guests. Home-cooked meals and baked goods go a long way in helping us provide a comforting and supportive environment for our families. Below are a few guidelines which will help to make your experience here a positive one.

♥ KITCHEN GUIDELINES:

- ❖ **Our food preparation guidelines require all food items be prepared on-site or come from a commercial kitchen.** This includes marinating, using a slow cooker, etc. we can set time aside for you to come in and perform prep for your meal.
- ❖ Wash your hands and wear gloves (gloves are provided) when preparing food
- ❖ cutting boards are labeled/ color coded for specific food items, please use accordingly
- ❖ All used dishes, bakeware and utensils need to be washed in the dishwasher

♥ SCHEDULING KITCHEN TIME:

- ❖ Please call or email Micaela, Volunteer Coordinator (336-5478; micaela@rmhcidaho.org) to schedule your day and time.
- ❖ Shifts are available every day of the week starting at 8 AM in the morning to 8pm in the evening. **Dinner should be ready by 6:30pm at the latest.**
- ❖ Plan on about a 2 hour shift to prepare a meal or bake

♥ WHAT TO MAKE AND HOW MUCH?

- ❖ As the volunteer you determine what you would like to bake or cook. A monthly food calendar will be sent out with the email reminder so you can see what else has recently been prepared.
- ❖ **You will be notified prior to your scheduled time how many people to cook for, it is normally between 12-20 people.**
- ❖ You can check on ingredients by emailing Micaela a recipe or list of ingredients. Anything we don't have we would ask the volunteers to bring in; the items must be new and unopened.

♥ GENERAL INFO:

- ❖ We have a fully equipped kitchen with 2 ovens and plenty of bakeware, cookware and utensils and an outdoor BBQ.
- ❖ When you are finished cooking, just set the food out buffet-style on the counters. Families are constantly coming and going. Rest assured, your food will be eaten!
- ❖ **Those 18 years old and younger need to be supervised by an adult at all times. For safety reasons, the minimum age of children is 7 years old.**
- ❖ **Due to limited space, groups should be no larger than 6 people.**
- ❖ **All volunteers need to be free of contagious illness, for the safety of the patient and the families.**