



Ronald
McDonald
Family
Room®

Food from the Heart

Thank you for your interest in preparing food for our Ronald McDonald Family Room 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 dishes, bakeware and utensils need to be washed in the dishwasher

♥ SCHEDULING KITCHEN TIME:

- ❖ Please email Rene Miller, Family Room Coordinator at Rene@rmhcidaho.org
- ❖ Shifts are available seven days a week at the following times:
 - 10am-12pm baking
 - 4pm-6m dinner
- ❖ 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.
- ❖ You will be notified by email prior to your shift how many people to cook for, it is normally between 10-12 people
- ❖ You can check on ingredients by emailing Rene 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 an oven, bakeware, cookware and utensils
- ❖ 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 2 people for baking and 4 people for dinner preparation.
- ❖ All volunteers need to be free of contagious illness, for the safety of the patient and the families.

Ronald McDonald Family Room

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Rene Miller, Family Room Coordinator Rene@rmhcidaho.org or (208) 227-2898