



Ronald McDonald  
House Charities®  
Idaho

# 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.

## ♥ GENERAL INFO:

- ❖ We have a fully equipped kitchen with plenty of bakeware, cookware and utensils.
- ❖ **During the RVP and flu season (January to March), all volunteers MUST be at least 18 years of age.**
- ❖ Those 18 years old and younger need to be supervised by an adult at all times. For safety reasons, the *recommended* minimum age of children participating in food preparation is 7 years old.
- ❖ Due to limited space, groups should be no larger than 8 people.
- ❖ All volunteers need to be free of contagious illness, for the safety of the patient and the families.

## ♥ 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.
- ❖ At the end of your shift, please note that all dishes, bakeware and utensils need to be washed in the dishwasher.

## ♥ SCHEDULING KITCHEN TIME:

- ❖ For information, please go online to [Volunteer at the Ronald McDonald Family Room](#)
- ❖ To register to be a volunteer, go to the [Online Registration Form](#)
- ❖ Shifts are available every day of the week starting at 9 am in the morning to 6:30 pm in the evening. (Lunch should be ready to serve by 12:30 pm and dinner by 6 pm) Each shift is scheduled for a 2 hour block of time, there is flexibility in the shift times. Please contact [Sarah](#) if you have any questions.

## ♥ WHAT TO MAKE AND HOW MUCH?

- ❖ As the volunteer you determine what you would like to bake or cook.
- ❖ We ask that the meals serve between 10-12 people
- ❖ You can check on ingredients by emailing [Sarah](#) 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.

## ♥ QUESTIONS:

- ❖ Please contact Sarah Patterson, Ronald McDonald Family Room Coordinator, [sarah@rmhcidaho.org](mailto:sarah@rmhcidaho.org) or (208) 227-2898.