

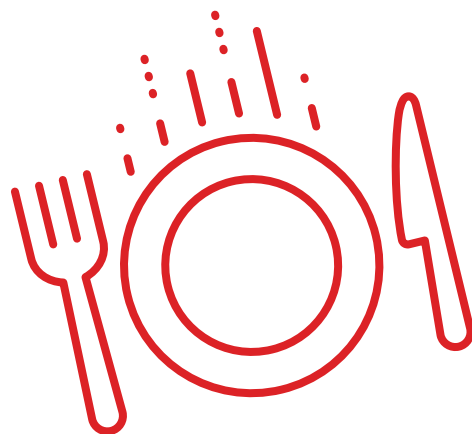
Thank you for taking the time to learn more about how we help families with sick children. Below is more information about volunteering.

♥ Primary Volunteer Guidelines:

- Every volunteer needs to register, including children
- Anyone under 18 needs to be accompanied by an adult
- All kitchen groups are limited to six people or less
- To add more people to a shift, please contact Micaela and she will password protect, open the shift and send you sign-up instructions
- It is recommended that volunteers be 7 years of age or older
- Due to the flu and other contagious illnesses, all volunteer shifts are closed to those under 18 during January through March
- Please DO NOT volunteer if you are sick or have been around someone with a contagious illness

♥ Kitchen Guidelines:

- All food must be prepped and prepared in the RMHC kitchen
- All food brought in must be new and unopened
- Volunteers can send a recipe ahead of time to check on ingredients
- Volunteers determine what they would like to prepare
- An email reminder will notify volunteers on how many people they should plan to prepare food for
- Wash hands before preparing any food
- Wear gloves when handling food
- All dishes must go through the dishwasher to be sanitized



♥ Volunteer Opportunities:

- **Baking**
Monday-Friday, 10 am - 12 pm, 1 pm - 3 pm
Saturday and Sunday 11 am - 1 pm
- **Meal Preparation**
Breakfast
Tuesday and Thursday 8 am - 9:30 am
Saturday and Sunday 8 am - 10 am
Dinner, every day of the week 4 pm - 6 pm
- **Around the House/Yard Work**
Tuesday and Thursday 5 pm - 7 pm
Saturday and Sunday 12 pm - 2 pm
- **Special Events/Activites**
Check website for upcoming event
volunteer opportunities

♥ Other Ways to Help:

- **Make a donation**
 - Recycling
 - Snack bags
- **Homemade Cards**
 - Blankets
 - Pillow Cases
- **Stay Healthy Kits**
 - Wish List Items
- **Welcome Goodie Bags**
 - Host a Fundraiser
 - Put together STEM Kits/Activitiy Kits

How to Sign Up for a Volunteer Shift:

Register Online:

- Go to rmhcidaho.org
- Click on "Volunteer: Boise Ronald McDonald House" under the "How to Help" menu
- Click on registration link

Sign Up for Shift(s):

- On "Volunteer" page, choose the calendar you want to view
- Enter first name and email
- Click on the shift(s) you want to sign up for

Note: After registering, you will be able to easily sign up for any future shifts by clicking on one of the calendars and entering your first name and email. For more information, reach out to Micaela at micaela@rmhcidaho.org or visit rmhcidaho.org.



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