



Prepare-A-Meal at RMHC

Provide Comfort for Families from Our Kitchen

Thank you for your interest in providing a home-cooked meal for the families of the Ronald McDonald House Charities of Charleston! The Prepare-A-Meal program is great for families, groups, co-workers, classmates, church members, and clubs. We strive to have a hot meal on the table every night for our families, and we just couldn't do it without amazing groups and families like yours.

This program provides a much needed service to families who are supporting their sick children and often don't have the time, funds, or energy to prepare a healthy, home-cooked meal. The following guidelines will help you plan a successful meal at our "home away from home" for families of critically ill children. Please share this information with all member of your group. How wonderful to come in from a long day at the hospital to the aroma of a great ready-to-eat meal.

We have 32 guest rooms at the Ronald McDonald House and house an average of 60 people per night. We are able to serve the families of up to 12 transplant patients at once. Because these patients are immune-suppressed, we all need to take extra precautions in food handling. **Ronald McDonald Charities Global requires us to serve meals that are prepared in our kitchen only. Food prepared in commercial cooking establishment, such as restaurants, catering services, or cafeterias, and then brought in or delivered is also acceptable. However, meals purchased from these establishments must be delivered directly to the House.**

To help our groups, the USDA Cooking for Groups Guide can be found at www.fsis.usda.gov/pdf/cookingforgroups.pdf. The guide is packed with useful information regarding food preparation.

We ask that your group has no more than 8 members. Unfortunately, we simply do not have the space to accommodate large groups. Please consider breaking larger groups into two meals. Younger chefs over 12 can participate under heavy supervision.

The Ronald McDonald House has everything you need for preparing a meal here in our kitchen! The House has all the pots, pans, utensils, plates, and cups that you will need to prepare and serve the meal. Of course, any and all donations of paper or plastic products (plates, cups, utensils) are greatly appreciated! Coca-Cola is a global sponsor of the House who provides us with a Coca-Cola machine, where the families are charged \$0.25 per beverage. However, your group is encouraged to bring Coca-Cola products or any other kind of drinks (sweet/un-sweet tea, lemonade, water, etc.).

Breakfast is served at 9 AM and brunch is served at 10:30 AM. Brunch is only available on Saturdays and Sundays. Lunch is served at noon and dinner at 6 PM. You are more than welcome to arrive at the House whenever you feel necessary to have the meal prepared by its scheduled time. We are not able to provide refrigerator or freezer space in advance for your meal. If you are delivering your meal from a commercial kitchen establishment, it should be delivered no earlier than an hour before your scheduled time.

If you are preparing a breakfast, brunch, or lunch, we ask that you prepare for around 30 guests. For the dinner meal, we ask that you prepare for around 60. If your group is planning on eating dinner with us, please prepare additional food for your chefs.



The actual number of people attending the meals varies greatly even when the House is full. This is due to a number of factors, none of which are predictable. Not all families will be able to make it to the House in time for your serving, but we do leave the meal out for about 2 hours and keep all the leftovers. Some families will prepare to-go plates for children in isolation or to take back over to the Hospital. Rest assured that whether the food is eaten in the kitchen at the time of the meal, carried away, or warmed up as leftovers later it will be eaten and is very much appreciated!

Should your group decide to prepare a meal, we must have the following information:

Group Name (if applicable):

Contact Name:

Address:

Phone:

E-mail:

We also let our families know ahead of time what delicious meal you will be preparing for them. Your meal date cannot be confirmed until we know the menu your group has come up with for your assigned day. Please remember that we do not duplicate meals during the week. You are advised to confirm as early as possible to keep your menu choice.

To find out what dates are available to serve, or to answer any questions your group might have, contact Kimberly Lemasters at the Ronald McDonald House. She will be at the House Monday through Friday and can be reached at 843-723-7957 ext. 305 or via email at Kim@RMHCharleston.org.

Thank you for preparing meals for our families, and thank you for being part of *The House That Love Built*.

Dinner Main Dish Ideas:

BBQ Chicken, Beef, or Pork
Cheese Burgers
Stroganoff
Sloppy Joes
Casseroles (Meat or Veggie)
Beef or Chicken Chili
Stir Fry
Sandwich Station
Taco Bar
Rotisserie Chicken
Breakfast for Dinner
Pizza with Toppings
Baked Ham, Turkey, Pork, or Chicken
Lasagna
Salad Bar
Baked Potato Bar
Chicken, Beef, or Veggie Kabobs
Spaghetti
Fried Chicken
Homemade Soups
Sloppy Joes
Chili

Breakfast/Brunch Ideas:

Eggs
Bacon & Sausage
Pancakes or Waffles
Bagels and Cream Cheese
Muffins
Fresh Fruit
Danishes
Grits
Casseroles
Biscuits
Breakfast Sandwiches

Side Dish Ideas:

Mashed Potatoes
Mac & Cheese
Green Beans
Coleslaw
Vegetable Medley
Rice
Pasta or Potato Salad
Chips & Salsa
Bread/Rolls/Cornbread