



# 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. Our families appreciate coming back 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 acceptable. However, meals purchased from these establishments must be delivered directly to the House.**

The meal calendar and meal requests can be found on a website at [www.rmhcharleston.org/prepare-a-meal-request](http://www.rmhcharleston.org/prepare-a-meal-request). To help our groups, the USDA Cooking for Groups Guide can be found at [www.fsis.usda.gov/pdf/cookingforgroups.pdf](http://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. Larger groups are encouraged to select additional dates. Younger chefs over 12 can participate under heavy supervision.

The Ronald McDonald House has everything 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 any other kind of drinks (sweet/unsweet tea, lemonade, water, etc.). Dessert is suggested, but optional.

Breakfast is served at 7:30 AM and available Monday through Friday. Brunch is served at 10:30 AM and only available on Saturdays and Sundays. Lunch is served Friday at noon. Dinner is served nightly at 6 PM. You are encouraged to arrive at the House two to three hours before to ensure the meal is 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. 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. We leave the meal out for two hours and refrigerate all leftovers for families coming in after a late night at the hospital. 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 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 two week period surrounding your meal date. You are advised to confirm as early as possible to keep your desired date and menu choice.

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](mailto: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  
Cheeseburgers/Hotdogs  
Stroganoff  
Sloppy Joes  
Casseroles (Meat or Veggie)  
Beef or Chicken Chili  
Stir Fry  
Sandwich Station  
Seafood  
Rotisserie Chicken  
Meatball Subs  
Pizza with Toppings  
Baked Ham, Turkey, Pork, or Chicken  
Lasagna  
Soup and Salad/Baked Potato Bar  
Chicken Bog  
Chicken, Beef, or Veggie Kabobs  
Spaghetti  
Fried Chicken  
Sloppy Joes  
Chicken Bog  
Mexican Night

**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 & Dip  
Bread/Rolls/Cornbread