



RONALD McDONALD HOUSE®

PREPARE A MEAL PROGRAM FOR EAST AND WEST

The Ronald McDonald House is a “home away from home” for the families of children receiving treatment at Bay area facilities. Families need and look forward to a well-balanced meal after a long day at the hospital. Now, more than ever, **WE NEED YOUR HELP** by either cooking a meal at RMH or bringing in prepared food from a restaurant or packaged food from a grocery store. Fresh fruits and vegetables will be accepted.

QUANTITIES DESIRED:

- RMH East, 401 7th Ave. South. Should serve 50 people.
- RMH West, 702 8th Ave. South. Should serve 25 people.
- Please inform group members at which site they will be preparing their meal.

MENU SUGGESTIONS:

Turkey/ham/meatloaf/chicken	Shepherd's pie or pot pie	Soups, such as chili
Mexican: tacos, enchiladas, etc.	Bar-B-Q (gas grills are provided)	Pancake breakfast
Sandwich, veggie, fruit platters	Bake potato bar	Meat balls/lasagna

HELPFUL GUIDELINES:

- Menu variations are encouraged; keeping in mind our goal is to serve the families a complete meal.
- Parking for RMH West is either on the street on 8th Ave. South or in the parking lot directly across from the house on 7th St. South, marked with blue “RMH Parking Only” signs. Parking for RMH East is in the driveway adjacent to Mound Park Ave. South, a brick alley on the north side of the house, or in the lot next to the house on 7th Ave. South. Parking is very limited so carpooling is suggested.
- Serving time for lunch is 12:00 pm and dinner is 6:30 pm. We encourage you to stay and serve the meal.
- RMH will provide eating utensils and coffee. We have many meal ingredients. Ask staff about this.
- If you intend to use paper plates and/or plastic cutlery, we encourage you to donate them.
- All persons preparing a meal should read posted guidelines **FIRST**.
- Leave your purse or other valuables locked in your car or ask the volunteer to lock it up.
- Wash hands before handling food and often during food preparation.
- Any children that accompany you must be supervised at all times.
- Sorry, no alcohol is allowed on site. We suggest soda, iced tea or lemonade.
- Food should not be left out longer than 2 hours.
- Please put the food away in the Help Yourself refrigerators (mark the date on tape).
- Please clean the kitchen thoroughly after use. Mopping the floor would be very helpful.
- Tours of RMH will be given upon request either before or after the meal. Just ask!
- **If you would like to hold bingo after your meal, we have the game & prizes. Discuss with Lynn.**

HOW TO SCHEDULE A MEAL:

Call Lynn Lippincott, (727) 767-7694 for the East House or

Ann Seidenstricker (727) 767-8125 for the West House, with the following information:

- **Name of group or individual providing the meal and number of people attending.**
- **Group size should be limited to 10 at the East and 5 at the West. Minimum age is 14.**
- **Date, time, menu, and any special needs for the meal, i.e. grills or ingredients.**
- **Look on our web site at www.rmhctampabay.rr.com for house directions.**