



RONALD McDONALD HOUSE®

TAMPA RMH PREPARE A MEAL PROGRAM

The Ronald McDonald House is a “home away from Home” for the families of children receiving treatment at Tampa Bay area hospitals. The Tampa House has 14 bedrooms and serves over 300 families each year.

Families need and look forward to a well-balanced meal after a long day at the hospital. 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. Homemade casseroles must be prepared at the Ronald McDonald House.

QUANTITIES DESIRED: Meals should serve 20-25 people.

MENU SUGGESTIONS:

Make-your-own pizzas	Soups, stews, chili
Mexican: tacos, enchiladas, etc.	Bar-B-Q (gas grill provided)
Meatloaf	Sandwich, veggie, fruit platters
Turkey/ham/chicken	Pot roast

Menu variations are encouraged, keeping in mind our goal is to serve the families a complete meal. RMH will provide eating utensils and coffee. If you intend to use paper plates, we encourage groups to donate them with the meal.

HELPFUL GUIDELINES:

- Those cooking in our kitchen should bring all the ingredients for their meal with 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 for you during your stay.
- Cooks must wash hands before food preparation.
- No alcohol is allowed on site. We suggest soda, iced tea or lemonade.
- Normal serving time for dinner is 6:30pm, but we are flexible.
- Please clean the kitchen thoroughly after use.
- Teens 14 and up who cook must have one adult supervisor per five teens.
- Parking is available in our shared lot; use the spaces marked RMH permit parking only.
- Maximum number of participants in the group is 8.
- Tours of RMH will be given upon request.

HOW TO SCHEDULE:

- Sign up on www.takethemameal.com. Last name: *Ronald McDonald* Password: *meals*

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