



Family Meals

Generous volunteers provide the Ronald McDonald House guests a warm dinner almost every evening of the year. To help you plan, we've compiled a list of guidelines and tips below:

Party of . . .??

Please prepare food for approximately 45-50 people.

Check the Calendar:

To volunteer, contact our volunteer Meals Coordinator, **Lara Wilson** at **970-5665** or meals@rmhwinstonsalem.org.

Preparation and Delivery:

- Food Safety tips established by the USDA:
 - CLEAN: Wash hands, surfaces and utensils often. Wash all fruits and vegetables thoroughly.
 - SEPARATE: Don't cross-contaminate. Always keep raw meat, poultry and seafood juices away from other food. Prepare on different surfaces.
 - COOK: Cook foods to safe internal temperatures. Use a food thermometer.
 - CHILL: Refrigerate foods promptly.
- Reusable/Disposable containers are preferred. Our food warmer can accommodate 12 inch wide disposable aluminum pans up to: MAX 6" deep & 26" long. Example: 12x12x3, 12x20x6, etc. Be sure to let staff know if you will be returning for any containers you leave.
- In order to have dinner fit every resident's schedule, we ask volunteers to have food ready by 5:30pm.
- Driving Directions are available on our website at www.rmhwinstonsalem.org.
- Plates, napkins, utensils and drinks are available to families, but you are welcome to provide your own.

Cooking Location:

- Meals may be prepared in advance and delivered, or prepared in our kitchen.
- When cooking at our House, please limit your group size to no more than 10 people (due to limited space in our kitchen). If you would like to use items from our pantry and/or have a tour of our House, please call ahead to speak with House staff (970-5651).

Menu Tips:

Our families always appreciate variety. Popular items include casseroles, potatoes, meats, soups, fresh vegetables and fruit, pasta salads, brownies and pizza. Spaghetti and green beans are brought most often. Tossed salads are slow movers. Families often enjoy any leftovers for lunch the following day.

Due to our families' confidentiality, families serve themselves. They are experiencing a very stressful time, and appreciate the comforts of home your meal offers.

Thank you for making the Ronald McDonald House welcoming for families!

419 South Hawthorne Road, Winston-Salem, NC 27103 336.970.5651
www.rmhwinstonsalem.org

Office Hours: Monday – Friday, 9:00 am to 9:00 pm; Saturday, 9:00 am to 2:00 pm; Sunday, 2:00 pm to 9:00 pm