

Feed The House Guidelines

Ronald McDonald House Charities® of Greater Washington, D.C. (RMHCDC) guidelines for Feed The House have been updated in the wake of COVID-19.

These parameters prioritize the safety of our families, volunteers, and staff alike, so all volunteers must abide by these rules to participate. Failure to comply with all rules may result in immediate dismissal from the RMHCDC location and may hinder future participation in volunteer opportunities.

Recipe/Groceries: RMHCDC will provide you with a recipe as well as the groceries needed to prepare the recipe.

Arrival Time: 3:45PM

Schedule: Must be able to commit to a bi-weekly schedule

Other Participation Requirements:

- Feed The House groups may include a maximum of four (4) volunteers. Everyone who comes with your group will count toward this total and must be there to actively participate.
- All volunteers must be completely illness/symptom free (cold, flu, fever, stomach virus, etc.) for at least 14 days prior to volunteering.
- Participants will complete a health questionnaire and temperature reading upon arrival. We also ask volunteers who test positive for COVID-19 within 14 days of volunteering to let us know as soon as possible.
- Volunteers must wear face masks, gloves, and hairnets/hair ties. Face masks must completely cover the nose and mouth for the duration of the activity. Participants must bring face masks and hair ties, and RMHCDC will provide gloves and hairnets. Additional health practices during participation include frequent hand washing and changing of gloves; and no face, hair, or phone touching.
- Volunteers must adhere to the guidelines set by the Government of the District of Columbia pertaining to travel restrictions.
 - [Travel Guidance](#)

Please Note: This travel restriction does not apply to fully vaccinated volunteers. Per the CDC, fully vaccinated is defined as being at least two weeks after receiving the final dose of a COVID-19 vaccine.

- Volunteers should consider personal health risks and limitations prior to volunteering. The CDC defines higher risk individuals as older adults (65+), and people with serious, chronic medical conditions (heart disease, diabetes, lung disease, etc.).

Food Safety:

- **Cooking On-Site:** All food must be prepared, cooked, and assembled in our Ronald McDonald House kitchens; or it must come directly from a restaurant, catering facility, grocery store or professionally licensed kitchen.
- **Safety Practices:** Volunteers must practice good food safety hygiene, including frequent handwashing, eliminating cross contamination/raw foods, wearing hairnets/hair ties, face masks and gloves, etc. All refrigerated items should stay chilled as long as possible, and food in the kitchen should always be covered.

Meal Service and Clean Up:

- **Packaging Meals:** To reduce the spread of germs, volunteers will pack all prepared food into individually sized containers for families to enjoy during or after the mealtime.
- **Social Distancing:** We require all group members to be mindful of spacing between one another while participating, and to always maintain a six-foot distance from others.
- **On-Site Dining:** Dining rooms will have limited seating capacity, ensuring our families are able to practice safe social distancing while eating. Additionally, some families may choose to eat in their rooms. RMHCDC families often have inconsistent schedules due to patient treatments and may not be available to eat while your group is on-site. For safety reasons volunteers are not able to dine at the House.
- **Clean Up:** Participants are responsible for thoroughly cleaning the kitchen as part of the Feed The House program. Cleaning instructions will be provided by our staff, and all volunteers are expected to stay until clean-up is complete.

Frequently Asked Questions

What is the maximum number of volunteers per group?

- Feed The House groups currently have a maximum group size of four (4) volunteers. Following COVID-19, we are limiting the group size to reduce the number of people in



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and out of our programs. If your group includes more than four volunteers, we ask that you divide your group and provide meals on different dates.

I have illness or symptoms that aren't associated with COVID-19, so can I volunteer?

- We require all volunteers to be entirely illness and symptom free for at least 14 days before volunteering. We will not allow volunteers with an illness or symptoms of any kind to participate at this time.

I volunteered and then tested positive for COVID-19. Should I let RMHCDC know?

- We ask any volunteers who test positive for COVID-19 within 14 days of volunteering to inform us immediately. This allows us to take the necessary steps for the wellbeing of anyone else who may be impacted.

Our staff will check-in with each group regularly, to facilitate glove-changing, handwashing, proper social distancing and to ensure that all safety measures are being upheld.

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