



Meal Program Guidelines and FAQs

Meal Program Guidelines

Participation Requirements:

- **All volunteers must show proof of being fully vaccinated against COVID-19 to participate.**
- **Indoor Meal groups may include a maximum of six (6) volunteers. Outdoor Meal groups may include a maximum of ten (10) volunteers.** Everyone who comes with your group will count toward this total and must be there to actively participate.
- **Meal group volunteers must be at least 14 years old.** There must be one adult volunteer (18+ years old) present and participating for every three minor volunteers (age 14-17).
- **All volunteers must be completely free of illness/symptoms (cold, flu, fever, stomach virus, etc.) for at least 72 hours prior to volunteering.**
- **Volunteers must wear facemasks, gloves, and hairnets/hair ties.** Participants must bring masks and hair ties. RMHCDC will provide gloves and hairnets.

Preparing to Volunteer:

Review the checklist below before committing to participate, as checking all boxes means you meet our current participation requirements.

- I am fully vaccinated against COVID-19 and will bring proof of vaccination to show RMHCDC staff when I arrive on-site to volunteer.
- I have, will bring and will wear a facemask while volunteering.
- I understand that I cannot be sick or have symptoms of any kind for 72 hours prior to volunteering.
- I am at least 14 years old.
- My group does not exceed the maximum number of volunteers allowed and there is at least one adult participant for every three minors in our group.



Meal Service and Clean Up:

- **Packing Meals:** To reduce the spread of germs, volunteers will pack all prepared food into provided individually sized containers for families to enjoy either during or after the mealtime.
- **On-Site Dining:** Though you may not see many families while you're at the House, know that the food you make is still eaten and appreciated! The House dining rooms 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 or later in the evening when they return from the hospital.
- **Clean Up:** Volunteers are responsible for thoroughly cleaning the kitchen after meal preparation. Cleaning instructions will be provided by our House staff, and all volunteers are expected to stay until clean-up is complete.

FAQs

What is the maximum number of people allowed in a meal group?

We currently allow up to six (6) volunteers to cook in our kitchen and ten (10) volunteers to grill outside.

Why did the meal program change?

We recently expanded both of our House programs to add 22 additional guest suites. We are now able to accommodate more families, which means we need more groceries! To make it easier on volunteers, we ask for a donation to cover the cost of groceries and have everything ready for you upon your arrival. In addition to having groceries provided and ready for your date of service, your group will enjoy a guided tour of our Ronald McDonald House, a digital photo in RMHCDC aprons, a social media thank you, custom thank you gifts, and the option to customize your team building experience.

What should I expect when I arrive?



All volunteers must undergo an instant background check upon arrival. If anything is flagged, the individual will not be able to participate in that day's activity.

What do I need to know before I arrive to volunteer?

All volunteers must bring proof of COVID-19 vaccination. This can be your vaccination card, or a picture of it. All volunteers also must wear a mask while inside of the House.

Can I bring my own groceries?

Since our expansion, we regularly have 30 or more guests each day. We understand that most people are not accustomed to cooking for such a large group, so we've taken care of the guesswork and hassle of meal planning and grocery shopping.

Now, you can just show up and enjoy your time volunteering with us! The cost associated with signing up to provide a meal will ensure that fresh ingredients are delivered the same day you're signed up to cook, with enough food to prepare a serving for every guest staying with us. For that reason, we ask you not to bring your own groceries.

You'll also receive a guided tour of Ronald McDonald House, a digital photo in RMHCDC aprons, a social media thank you, a custom thank you gifts, and the option to customize your team building experience.

How far in advance should I sign up?

All meal groups must sign up at least five days in advance. If your preferred date is within five days of your sign-up time, your group can choose to deliver dinner and tour the House.

What is included in my volunteer sign up?

The following is included in your volunteer registration:

- Groceries provided and ready for your date of service
- Guided tour of RMHCDC



- Digital photo in RMHCDC aprons
- Social media thank you
- Custom thank you gifts
- Customized team building experience