



Ronald McDonald House Charities of Augusta

1442 Harper Street, Augusta GA 30901 • (P) 706-724-5901 • (F) 706-722-0884 • www.rmhcaugusta.org

“Keeping Families Close”

Meals That Mend

Our Meals That Mend program offers an opportunity for groups to come to the house and prepare a weeknight or weekend well-balanced meal to warm the hearts and bellies of families when they return from a long day at the hospital.

This program is for groups with a maximum of 15 volunteers. All volunteers must be at least 9 years old and there must be one adult chaperone per every three children under 16 years old.

Nightly Dinner Times

Prepare and serve a nutritious dinner at our House for the families as they return from the hospital. Program available 7 days a week. Dinner to be prepared and ready to eat by 5:30pm. Food must be set out buffet style for families to self-serve.

Breakfast & Brunch Times

The most important meal of the day is breakfast! Schedule a morning to prepare breakfast. Program available seven days a week. Breakfast on weekdays must be prepared and ready anytime between the hours of 7:00am and 9:30am. Breakfast on weekends must be prepared and ready anytime between 9:00am and 10:30am. Food must be set out buffet style for families to self-serve.

How do I Sign-up?

You can sign up for a specific day, once a month or once a quarter (i.e., 3rd Monday of each month), or prepare a meal on an occasional basis. Get connected to this amazing program by calling the office. We will let you know which days are available.

You must complete a Meals that Mend form and return it to the Volunteer Coordinator in order to reserve a date and be added to the Meal Calendar.

How many people do we prepare for?

We have approximately 35-40 people staying in our House at all times to cook for. If you want an exact number of people you can call the office the day before you are scheduled to provide a meal to get a more accurate number.

Available Supplies

You do not need to provide plates, silverware, cups, or napkins. These items are always available in house; however, you are welcome to donate if it is convenient for you to do so. We have spices, Salad Dressings, cooking oil, aprons, pots & pans, four crock pots, cooking utensils, and serving dishes available to use.

Supplies Needed

Your group would be in charge of providing all the food needed to cook the meal. Keep it simple – nothing fancy! Each meal should consist of a meat, starch, vegetable and drinks. Bringing desserts is always a treat for the families.

Arrival

Please arrive in enough time to have your meal ready by 5:30pm. Check in at our receptionist desk. Our volunteers can lead the way to our Community Kitchen where you will be preparing the meal. Everyone over the age of 18 will need to bring their Driver's License in order to have access into the building.

Thank you for your interest in Ronald McDonald House Charities of Augusta's Meals that Mend Program. Alaya Johnson is the Volunteer Coordinator. She can be reached at 706-724-5901 or by email at ajohnson@rmhcaugusta.org. The families greatly appreciate your support.

Ronald McDonald House Charities© of Augusta

Meals That Mend



Contact Information

Full Name: _____ Date: _____

Last *First* *MI*

Home Phone: _____ Cell Phone: _____

Email Address: _____

Address: _____

Street Address *Apartment/Unit#*

City *State* *Zip Code*

Group Information

Organization Name: _____

Number of Adults: _____ Number of Children: _____

Is the person listed above the primary contact for the group? (If no, please list the name and contact information below).

Yes No

Name: _____ Phone: _____

Email Address: _____

Menu and Scheduling

Dates Requested in Order of Preference (Please list meal time):

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Menu: _____

How often are you interested in volunteering?

- One Time Only Monthly
- Quarterly Other

Would your group like a tour of the House?

- Yes No

Is this a community service requirement?

- Yes No

May we add you to our Meals That Mend list?

- Yes No

Return completed form to: Alaya Johnson, Ronald McDonald House

1442 Harper Street, Augusta, Georgia 30901

Phone: 706-922-7416

Fax 706-722-0884

Email: ajohnson@rmhcaugusta.org

Agreements-Please read, sign, and date below.

We have reviewed and understand the guidelines pertaining to the preparation of a meal at Ronald McDonald House Charities© of Augusta. Cancellation Policy: In order to meet the needs of our families, RMHC© requires at least 48 hours' notice for cancellation. Please understand that your cancellation denies another volunteer the opportunity to serve the House and its families. By instating this policy, we hope to better provide for our families and better serve our volunteers.

Signature: _____ Date: _____

I, _____, submit RMHC© the right and permission to use photographs of myself, motion pictures, recordings, or any other record of this interview for legitimate purpose of RMHC©. I hereby release and discharge RMHC© from any and all claims, actions, and demands arising out of or in connection with the use of the above, including, without limitation, and all claims for invasion of privacy and libel.

Signature: _____ Date: _____

I, _____, understand that the RMHC© of Augusta does NOT provide court ordered community service hours to volunteers. I am not currently in need of court ordered community service hours and understand that should this change, I will be unable to obtain these hours with the RMHC© of Augusta. Furthermore, I understand that should I submit hours served at the RMHC© of Augusta for court ordered community service hours, RMHC© of Augusta will contact the court system to void hours submitted.

Signature: _____ Date: _____

Ronald McDonald House Charities of Augusta Meals That Mend Guidelines

Thank you for your interest in our Meals That Mend Program. Being able to provide a hot meal or a quick snack is one of the most important ways we can help our children and their families feel that they are truly staying at their “home-away-from-home.” Prior to arriving at the Ronald McDonald House, many of the families we serve worry about where their next meal will come from and if it will be healthy for their children as most do not have the resources or time to provide a healthy meal for their families while still focusing on their child. The Meals That Mend Program eliminates this worry, and is a valuable benefit to families while still focusing all of their energies on their sick child.

The safety, health and well-being of House guests have always been our highest priorities. To ensure that Ronald McDonald Houses around the world are consistent with their food safety provisions, the Ronald McDonald House Charities Global Office has updated its food safety standards. Due to these changes Ronald McDonald House Charities of Augusta will be instituting the following guidelines:

Scheduling your Meal:

- Check for available dates with the Meal Program Coordinator either by phone or email.
- **Once you have agreed on a date, please fill out our application form and return it to the Meal Program Coordinator via mail, email or fax to reserve the date.**
 - If you need to cancel your date, please call the House AT LEAST 48 hours in advance so that we may make other arrangements.
- Due to the size of our kitchen, please limit your group size to no more than fifteen (15) people.
 - Please remind group members that due to the varying hospital schedules, families may be resting. We ask that you keep the noise level to a minimum.
- All volunteers must be at least 9 years old and there must be one adult chaperone per every three children under 16 years old.
- All meals must be prepared for approximately 40-45 people, if members of your group wish to enjoy the meal with the families, please prepare enough food to feed 40-45 people plus enough to feed your group.
 - Volunteers may call the House 24 hours in advance to see how many families are staying at the House
- Dinner needs to be ready by 5:30pm to be served to families. Please plan your arrival time according to your preparation time.
 - Paper plates, cups, napkins and cutlery are available for our families. However if you decide to bring your own, donations are always appreciated.
 - The House provides Coke products, water and coffee for the families. Groups may also provide tea, lemonade, etc. if they would like.
- Volunteers may call the House prior to their arrival to see what we have in our pantries. They may use our donated items towards their meal.



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MENU SUGGESTIONS

LUNCH & DINNER

BREAKFAST

Roast or Ribs	Mashed Potatoes	Veggies: raw, cooked, steamed, grilled, sautéed, stir fried or in hot dishes	Dinner Rolls	Cookies	Fruit Salad
Baked, Grilled, Chicken or Pork	French Fries	Green Salad	Corn or Flour Tortillas	Cakes	Buttermilk Biscuits
Hot Dishes	Baked potatoes	Coleslaw	Biscuits	Cupcakes	Sausage Egg Breakfast Skillet
Chili, Soups or Stew	Rice	Fruit Bowl	Garlic Bread	Cobblers	Brunch Buffet
Hamburgers & Hot Dogs	Pasta Noodles	Fruit Salad	Muffins	Ice Cream	Orange, Apple, Fruit Juice
Mexican, Italian or Asian Meals	Baked Bean	Broccoli & Cheese	Croissants	Fruit Pies	Sandwich Egg Patties
Alfredo Pasta	Potato Salad		Cornbread	Yogurt Parfaits	Skinless Sausage Links
Chicken & Dumplings	Pasta Salad		Italian or French Bread	Yogurt	Mixed Fruit
Fajitas			Pita Bread	Parfaits	Hash Brown Patties
Italian Sub Sandwiches			Focaccia	Root Beer Floats	Yogurt Variety Pack
Fried Chicken				Brownies	Country Sausage Gravy
Meatloaf					Assorted Donuts
Salisbury					Sticky Buns Caramel-Nut
Soups & Sandwiches					Butter Foil Wrap
Grill Out					Precooked Bacon
Sloppy Joes					Mini Fruit Danish
Taco Night					Mini Muffins
					Sliced Blueberry Bagels
					Plain Sliced Bagels
					French toast Sticks
					Quick Oats
					Granola Cereal



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Meal Program Safe Serve Guidelines and Tips

- Wash or sanitize hands before preparing/handling food.
- No volunteer may have any illness or symptoms of illness, regardless how minor, at the time of preparation of the meal.
- Ronald McDonald house has *at least* 35 people eating per night.
- Please check expiration dates before delivery. We encourage meal donors to prepare tasty yet healthy meals as our families may be with us for extended periods of time.
- Label food items and provide heating instructions to casseroles/dishes as needed for later use.
- Use disposable plastic containers or disposable bake-ware with lids to insure freshness and proper storage.
- Food should be transported in coolers to maintain a safe temperature to prevent spoiling.
- Pastries, cookies, etc. should be packaged in individually portioned size zip lock bags to prevent cross-contamination of the residents.
- Please make sure meals are fully cooked and arrive at the Ronald McDonald House by 5:00 PM to ensure families can eat self-serve style as they arrive from the hospital.
- No candles are allowed in the House
- Food donors may call the Ronald McDonald house at 706-724-5901 if they would like to see what others have prepared in prior days to help with their meal planning.

Contact Alaya Johnson, Volunteer Coordinator, for any questions or concerns at ajohnson@rmhcaugusta.org or 706-724-5901. Thank you for your interest in Ronald McDonald House Charities of Augusta Meal Program. The Families greatly appreciate your support.