



Ronald McDonald House Charities® Omaha



Thank you for your interest in providing a family dinner at Ronald McDonald House Charities in Omaha! Most of our families' days are spent at the hospital where they eat from vending machines or the cafeteria. Thanks to our wonderful volunteers, our families are able to come "Home" to a nice meal.

MEALS THAT HEAL

GUIDELINES AND FREQUENTLY ASKED QUESTIONS

COOKING FACILITIES:

RMHC in Omaha has cooking facilities, and the following are available for your use:

- Pots and pans
- 1 gas grill
- 4 range tops, 3 double ovens, and 5 microwaves
- 7 crock pots – 6 large, 1 small
- 2 hand mixers, 1 Kitchen Aid mixer
- 1 blender
- Baking sheets and baking dishes
- Cooking utensils, cutting boards, and knives
- Assorted countertop appliances (coffee maker, toaster, etc.)
- RMHC has plates, however **bringing paper plates helps speed up clean-up!**

FOOD/BEVERAGE/QUANTITY:

- **IMPORTANT:** All meals served to families must be prepared one of two ways:
 - **Catered or cooked by a professional kitchen** i.e., rotisserie chicken from Boston Market, roasted turkey from Baker's (fully cooked and ready to eat straight out of the container), fruit tray prepared and sealed from Hy-Vee.
 - **Food items must be fully prepared and cooked on-site at RMHC.** For example, you cannot make meatballs or bread dough at home and then cook/bake it at RMHC. You can cook food in a crock pot, but the items must be opened and prepared at RMHC before putting into the crock pot.
- Your group is responsible for providing all food and baking ingredients needed to complete the dinner.
- If you are unsure of what to cook, think about what your own family enjoys. Perhaps you can plan around an up-coming holiday. You might check to see if your date is a National Food Holiday.
- Many of our patients are here for organ transplants or intestinal rehabilitation and are on sugar-restricted diets, so in addition to a "sugar-charged" dessert having a sugar free option can be helpful.
- Beverages are provided by the House.
- We will reach out 3-4 days beforehand to give you an updated number of people to expect. Your group is invited and encouraged to stay and enjoy dinner with the families.
- **Please keep in mind that not all of our families will eat at once, as they may be out of the house at meal times and may eat when they come back from a long day at the hospital. The food will not go to waste at RMHC in Omaha.**

PREP TIME/ARRIVE TIME/ SERVING TIME:

Lunch

Monday-Friday we have the option for groups to prepare lunch! You are welcome to come as early as 10:30 a.m.

As the number of people around the House varies throughout the day, making something on-the-go such as sack lunches with sandwiches or salads and healthy snacks is a great option as well.

Dinner

Monday-Sunday groups come in to the House to cook dinner:

- Your group is welcome to come as early as 3:00 p.m. to start preparing.
- Dinner is promptly served at 6:30 p.m.
- You are welcome to bring food to RMHC Omaha the evening before or earlier that day.
- Crock pots are acceptable to have cooking during the day at the House. You can come in earlier that day, put ingredients in, and turn them on. Please leave instructions with the person at the front desk if it needs to be stirred throughout the day.

Weekend Brunch

Groups are welcome to come cook our families brunch on the weekends!

- Your group is welcome to come as early as 8:30 a.m. to start preparing.
- Brunch is served promptly at 10:30 a.m.

Please keep in mind that there is only one employee working at all times on Saturday and Sunday, so we request that group sizes remain under 10 people.

VOLUNTEER REQUIREMENTS:

- During cold and flu season (Nov. 1 – April 1), all volunteers must be at least 18 years of age.
- Please limit the number of volunteers in your group to a **maximum total of 10**. This includes youth and adults.
- For the safety of our children, if anyone in your group is not feeling well, please have them stay home. Many of our children have weakened immune systems and cannot afford to be exposed to anything contagious.
- Children who come with a dinner group will be expected to stay in the kitchen with their parent, use "inside voices" and will not be allowed to use other family spaces (i.e., playground, backyard, playroom, family room etc.).
- High school groups coming to serve need to be supervised by an adult (teacher, parent, school advisor, etc.).

THE KITCHEN MUST BE CLEANED BEFORE YOU LEAVE*

A complete checklist will be provided to your group when you arrive and will include the following:

- If there are any leftovers, we appreciate them being packaged, dated, and refrigerated for those families who could not make it back in time to attend the meal. We have Tupperware in the kitchen. Leftovers go in the refrigerator(s) labeled "House".
- Please make sure that all kitchen equipment is unplugged, turned off, and put away when you are finished, including the grills and propane tanks.
- Please wipe down counters with our disinfectant cleaner.
- Help load dishes into dishwashers.
 - **Note: All dishes, pots, pans, and utensils must be washed in the dishwasher.**
- Please do not forget to take out the garbage, located through the pop tab room on the North side of the House.

***Paper plates and plastic utensils are recommended to help facilitate clean up.**

PARKING:

- There is street parking available on 38th Avenue.
- If there are no spots available on the street, there are RMHC-designated parking spots behind the House. These spots are accessed by going through the UNMC parking lot off Jones Street. The designated spots are labeled along the perimeter of the lot facing the back of the House and require a permit.
- Please do not park in the driveway at the front of the House; however, you may do so while dropping off food.

MICELLANEOUS:

- Decorations: Feel free to decorate (streamers, balloons and tablecloths).
- Music complimentary to the theme is always a great idea.
- A tour of our beautiful house will be offered to your group.
- In case of an emergency at the House, please exit the House through back (West) doors and meet in the parking lot.
- **Please remember, no latex.**

DINNER SUGGESTIONS:

Remember, be creative with your menu! Variety is the spice of life. You can always check the calendar on the website to see what groups made in the days leading up to your date: www.rmhcomaha.org/get-involved/provide-a-meal. You can also check out [National Food Holidays](#) for some inspiration!

If you have any further questions or are ready to reserve your date to cook, please contact Laurie Cope at lcope@rmhcomaha.org or (402) 346-9377 ext. 122. And thank you for your support of the families that call Ronald McDonald House a home away from home!



Special thank you to the following members of the community for going above and beyond by becoming Cooks in the Kitchen Sponsors, allowing us to grow our Meals That Heal program alongside the growth of our House.



The Hannan Family

Sarah & Eric Nagengast



Our House has doubled its original size, giving us the ability to provide services to a total of 40 families! In order to best support these additional families, we've created a new opportunity for Meals That Heal groups to increase their support by becoming a Cooks in the Kitchen Sponsor. For \$1,000, the Cooks in the Kitchen Sponsors receive:

- Special recognition in the new kitchen for 1-year, with possibility for renewal each year;
 - Special recognition in the Meals That Heal handbook as a Sponsor;
 - An invitation to all special events.
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