



**Ronald McDonald  
House Charities®**  
Omaha



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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.

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# MEALS THAT HEAL

## GUIDELINES AND FREQUENTLY ASKED QUESTIONS

### COOKING FACILITIES:

RMHC 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 4 microwaves
- 3 crock pots
- Baking sheets and baking dishes
- Cooking utensils, cutting boards, and knives
- Assorted countertop appliances (coffee maker, toaster, etc.)
- RMHC provides all dishes, silverware, glasses, etc.

### 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 things 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.
- Please note that this may be a family's only real meal of the day due to long hours at the hospital, so try to keep healthy choices in mind.
- **Sugar-Free Items:** Many of our patients are here for organ transplants or intestinal rehabilitation. Both groups of patients are on sugar restricted diets. Sugar-Free desserts are encouraged.
- Dessert and non-alcoholic beverages are optional, but always welcome.
- RMHC Omaha provides beverages daily (coffee, milk, water, and juice) and has an ice machine.
- Please plan to prepare enough food for about 25-30 people. 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 Omaha.**

## PREP TIME/ARRIVE TIME/ SERVING TIME:

- Dinner is promptly served at 6:30 p.m.
- Your group may come as early as 3:00 p.m. to start preparing.
- 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.

## VOLUNTEER REQUIREMENTS:

- **During cold and flu season (Nov. 1 – April 1), volunteers under the age of 18 will not be permitted.**
- **Please limit the number of volunteers in your group to a maximum total of ten.** 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.
- Young children who are not yet potty-trained should not come with parents to the House.
- 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.).

**Meals That Heal groups are asked to bring a \$120 donation. In our year of growth, we look to groups to help us maintain programs like Meals That Heal, so our families can continue to focus on hope and healing. \$120 helps one family for one night at our House. If you have any questions or concerns, please contact Alex Benson at [abenson@rmhcomaha.org](mailto:abenson@rmhcomaha.org) or 402-346-9377.**

## THE KITCHEN MUST BE CLEANED BEFORE YOU LEAVE:

- If there are any leftovers, we appreciate them being packaged 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 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 behind the House in the parking lot.

## PARKING:

- There is street parking available on 38<sup>th</sup> 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.
- Please do not park in the driveway at the front of the House.

#### MICELLANEOUS:

- Decorations: Feel free to decorate (streamers, balloons and tablecloths).
- Feel free to plan activities for the families and children to participate in after dinner.
- 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:

Main Dishes:

Pastas, grilled hamburgers, chili, casseroles, soups, hot sandwich bar, enchiladas, pot roast, breakfast foods, fajitas

Sides: Potatoes, vegetables, salads, fresh fruit, rice, beans, breads

**Thank you for your support of our Ronald McDonald House families! We promise you the experience will be rewarding!**



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



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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 an exclusive celebration in 2019 in the RMHC kitchen;
- An invitation to the Grand Opening in 2019, as well as invitations to all special events.

We thank you for all that you do for the families that call RMHC a home-away-from-home. To learn more about the Cooks in the Kitchen Sponsorship, or to reserve your date to cook, please contact Alex Benson at 402.346.9377 or [abenson@rmhcomaha.org](mailto:abenson@rmhcomaha.org).

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