

Meals That Heal Program

Introduction to Meals That Heal

Thank you for your interest in providing a meal at the House! Most of our families' days are spent at the hospital where they eat from vending machines or the cafeteria. A hot, home-cooked meal waiting for them at the end of a stressful day means so much.

Our Kitchen

Our commercial-grade kitchen is fully stocked and includes:

- 1 gas grill
- 4 range tops, 3 double ovens, 5 microwaves
- 4 dishwashers
- 6 crock pots

Food Preparation

- All food must be prepared on-site or catered from a professional kitchen.
- Food such as fruit or veggie trays may be brought directly from the grocery store.
- Group provides all food for the meal.
- Beverages provided by the House.

Planning what to make

Not sure what to make? Consider what your family enjoys, or for some great ideas check out the collection of recipes found on the Taste of Home website:

Bit.ly/MealIdeas

Day of Your Service

Lunch: You are welcome to come in as early as 10:30 a.m. Lunch is to be ready at noon.

Dinner: You are welcome to come in as early as 3:00 p.m. with dinner to be served at 6:30 p.m.

Weekend Brunch: You may come in as early as 9:00 a.m. with brunch served at 10:30 a.m.

Volunteer Requirements

- Nov. 1 – April 1 (flu season) volunteers must be at least 18 years of age.
- Groups are limited to 10-12 people.
- If a member of your group is not feeling well, please have them stay home. Most of our children have weakened immune systems.
- Children who come with the group *must* stay in the kitchen with their parent.
- High school groups *must* be supervised by an adult.

Clean-up

- Kitchen must be cleaned before you leave.
- Leftovers should be dated and refrigerated.
- All dishes should be placed in dishwashers.
- The dumpster for garbage is located in the driveway.

Parking

- Street parking available on 38th Avenue.
- RMHC designated parking spots in lot west of the House.

Social Media

- Don't forget to take plenty of photos and post them to Facebook, Instagram, Twitter and tag the House (@rmhcomaha).

Thank you!

Your generosity and willingness to serve means more than you'll ever know.