



RONALD McDONALD
HOUSE CHARITIES
OF THE INTERMOUNTAIN
AREA, INC.

Ronald McDonald House Adopt-a-Meal Program



Thank you for your interest in providing a home-cooked meal for the families staying at The Ronald McDonald House.

This program provides a much-needed service to families who are supporting their sick children and often don't have the time, funds, or energy to prepare a healthy, hot meal for themselves and their other family members. These guidelines will help you plan a successful meal at our 'home away from home' for families of critically ill or injured children. Please share this information with all members of your group prior to your scheduled meal.

This program is for groups with a maximum of **15** volunteers and is usually a 3-4 hour time commitment. Please consider breaking up larger groups into two separate meals or having part of the group help with preparations and the other part help with cleanup.

Our board of directors and the Board of Health require that **all meals be prepared from start to finish in our kitchen**. Pre-prepared food will not be accepted to served, and we will ask that you remove it from the kitchen. Anything that is prepackaged from the store is acceptable. Also, food prepared in commercial cooking establishments such as restaurants, catering services or cafeterias and then brought in or delivered is acceptable.

Serving requirements:

- You will need to prepare enough food for about **20-25** people if you are making breakfast.
- You will need to make about **30-35** sack lunches.
- You will need to prepare enough food for **50-60** people if you are making dinner.

Please understand that these are strictly estimates. The actual number of people attending the meal varies greatly even when the House is full. This is due to a number of factors which are typically unpredictable. Not all families will be able to make it to the House in time for your serving, but they will be searching for leftovers when they return from the hospital later in the evening. Some families will prepare to-go plates for children in isolation. Rest assured that whether the food is eaten in the kitchen at the time of the meal, carried away, or warmed up as leftovers later; it will be eaten, and is very much appreciated.

We are unable to tell you the exact number of children in the House or their sex/ages. Families check in and out every day, and in/outpatient status can also change on a daily basis. We have boys and girls from infants to late teens, and some of those children could be the siblings of an ill child. In general, you may expect a 90/10 ratio of adults to children.

Most cooking utensils and cooking equipment are provided. Plates, silverware and glasses are also provided, but you are welcome to bring paper products for ease of cleanup. Bring any extra equipment you might need such as specialty cake pans, etc.

Coffee is provided free of charge and we have coke products on sale for just 25¢. We also have an ice machine available. It is not required that you bring additional beverages, but if you prefer other types of drinks, you are certainly welcome to do so.

Serving Times:

Breakfast is served at 9:00am, sack lunches to be ready by 12:00pm, and dinner is served at 6:00pm. You may arrive as early as you need to prepare your meal; however, be aware that the group before you might still be tidying up if you arrive much earlier than your meal time. On average, most groups take about 1-2 hours to prepare depending on the complexity of the meal.

Menu Planning:

A complete meal includes a main dish with both a meat and a vegetarian option. Feel free to be creative or cook your own family favorites. Ingredients will not need to be displayed, but be prepared to verbally offer a list of ingredients in case a guest questions you regarding food sensitivities or restrictions. We will be contacting you a few days in advance to confirm your menu choices as we like to be able to share this information with our families.

Upon Arrival:

Our parking lot is reserved for our guests staying here at the house, you are more than welcome to drop off your items through our parking lot. Ring the door bell and you will be buzzed in. Please approach the front desk and fill out a donation receipt and sign in.

The Kitchen:

We have 1 industrial dishwasher, 2 convection ovens, 2 regular ovens, a large range with 12 burners and 5 chafing dishes. We also have a gas grill which are on our deck just outside of the kitchen. If you have any questions about what's available in our kitchen, please don't hesitate to call us @ 801-363-4663 or come in and tour our kitchen if you live close!

Serving:

Set up your meal buffet style on the island in the dining room. Make sure there are plates and silverware at the beginning of the line as well as tong, spoons, etc. for each dish.

Keep potentially hazardous foods hot or cold:

These are defined as foods in which bacteria are more likely to grow. These foods include:

- Animal products including eggs and dairy
- Cooked starches such as rice, beans, pasta, and potatoes
- Fruits and vegetable such as cooked vegetables, tofu, sprouts, cut melons

To keep potentially hazardous foods out of the Danger Zone (41°-140°F) please use our provided chafing dishes. Maintain the following temperatures as foods are being held and served: hot foods– 140°F or higher and cold foods– 41°F or colder.

Once guest families have helped themselves, your volunteer group may also go through the line. You are welcome to sit and eat with the families.

Clean Up:

After about an hour of serving time (or when the line starts to slow down) you may begin to clean up the serving area. Guest families will clean up their own tables. The volunteer group will be responsible for packing up and labeling leftovers with the description and the date, washing all dishes , loading and starting the dishwashers, cleaning the counters and stovetops, sweeping the floors and emptying the garbage. Please leave the area as clean or more clean than when you arrived.

Health and Safety:

For the health and safety of our children and of our children and parents, ALL participants of this program and visitors to our House should be healthy– free from fever, coughs or colds, stomach or virus symptoms. Hairnets are provided for loose hair and gloves are required for all participants. We also encourage frequent hand washing and never touch ready-to-eat foods with bare hands.

Ronald McDonald House is a NON-DENOMINATIONAL organization. We have families from around the globe representing many different nationalities, cultures and beliefs. We cannot appear to favor a specific one; therefore, passing out any type of religiously-themed literature or engaging in any type of religious socialization is prohibited.

Menu Restrictions:

The following foods are prohibited: non-pasteurized juice and milk products, raw seed sprouts, undercooked meat, fish or eggs and alcohol of any kind.

Special Notes:

- Please give us as much notice as possible if your group needs to cancel or reschedule.
- If you bring younger children, you must supervise them at all times.
- Volunteers may not take responsibility for supervising guests' children in the absence of a parent.
- Volunteer groups must remain in common areas and cannot enter a guests room at any time.
- If you wish to take pictures with the guests, you must obtain a written release from the families. Forms are available in the office.