

# Meal Program Information

## Des Moines Ronald McDonald House

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*A great way to become involved with the Ronald McDonald House is our Meal Program. Each night a volunteer comes and prepares a meal for the families. After a long day at the hospital, families returning to the House look forward to a hot meal ready and waiting for them.*

- ❖ To arrange a date to provide a meal, email Jennifer, the volunteer coordinator, at [jennifer@rmhdesmoines.org](mailto:jennifer@rmhdesmoines.org) or you may call the House at 515-243-2111.
- ❖ All ingredients will need to be supplied by you. Often, we'll have canned or dry goods in our cupboards you are welcome to use. Feel free to stop by the House and look if you would like to use any of the food we already have here.
- ❖ We ask that you prepare a meal for 20 people and that it is ready to eat at 6 p.m.
- ❖ Providing a drink is optional and not necessary.
- ❖ We ask that you prepare the meal in our kitchen. We have plenty of cookware available and you do not need to worry about any plates, cups or flatware.
- ❖ We have a big kitchen with 2 ovens, 2 stoves, 2 refrigerators, 2 microwaves and even 2 grills out on the deck if you'd like to grill something.
- ❖ You are welcome to stay during the meal and visit with the families. We usually leave the meal out for an hour; however, if you need to leave, our staff can put leftovers away.
- ❖ We want you to have fun, be creative and enjoy yourself. You are welcome to make anything you'd like. There is no need to worry about food allergies or dietary restrictions.
- ❖ Opportunities are available for those who wish to arrange to provide a meal on a regular schedule (e.g., third Tuesday of the month, every other Sunday, etc.) Contact Jennifer for available dates.

***Currently, we are collecting recipes for our 30<sup>th</sup> Anniversary Ronald McDonald House Cookbook. We hope to have a cookbook full of recipes from families, volunteers and supporters and we would love your participation. If you'd like to submit a recipe you can email it to [recipes@rmhdesmoines.org](mailto:recipes@rmhdesmoines.org).***

Thank You