



## Take Them a Meal – the new way to sign up to serve a meal at RMH East!

(Note: If you have already scheduled a meal with Karen or Lynn, your information has already been entered into the web site; however, please log on to enter Meal information if you'd like!)

[www.takethemameal.com](http://www.takethemameal.com)

Recipient last name: RMHEast

Password: Eastmeal

**If this is your first time preparing a meal for the East House, please contact Karen at 727-767-7685 BEFORE you take a date.**

Please include Contact Name, email and phone number when you take a date (name and # will only be visible to the Administrator).

- Food must be prepared on our site or in a licensed food establishment or commercial kitchen.

Plan to cook for 40-45 people (dinner) or 30-35 (breakfast or lunch). Please limit your group to 8-10 participants.

- Participants must be a least 14 years of age.

\*Teens 14+ years who cook must have one adult supervisor (over 21 yrs. of age) per five teens.

If you would like your teen to receive service hours for the meal please contact Lise Fields at 727-767-8166 IN ADVANCE of the scheduled meal for approval.

- Meal donors should bring all the ingredients for their meal with them, or schedule a time to visit the East House pantry to check for supplies.

- We receive many pasta dishes--look over menu and try not to duplicate meals within that week.

- No alcohol is allowed on site.

- Parking is available in our lot.

- Normal serving time for dinner is 6:30 p.m.; please arrive with sufficient time to prepare your meal.

- Please clean the kitchen thoroughly after use.

\*Please do not come to RMH if you have a cold or other illness.

- Tours of RMH will be given upon request.

To cancel or make changes once you have taken a date, contact Karen at 727-767-7685.

On the weekend, contact the Weekend Manager at 727-767-7694.

Consider including a fresh fruit donation too!

Consider including some paper products with your meal to provide for easy clean up.

**Thank you so much for providing a home-cooked meal for our families!!  
Ronald McDonald House of Tampa Bay**