



# RONALD McDONALD HOUSE®

## TAMPA RMH PREPARE A MEAL PROGRAM

The Ronald McDonald House is a “home-away-from-home” for families of children receiving treatment at Tampa Bay area hospitals. The Tampa House has 14 bedrooms and serves over 300 families each year.

Families need and look forward to a well-balanced meal after a long day at the hospital. We need your help by either cooking a meal at RMH or bringing in prepared food from a restaurant or packaged food from a grocery store. Fresh fruits and vegetables will be accepted. Homemade casseroles must be prepared at the Ronald McDonald House.

**QUANTITIES DESIRED:** Meals should serve 20-25 people.

### MENU SUGGESTIONS:

Make-your-own pizzas	Soups, stews, chili
Mexican: tacos, enchiladas, etc.	Bar-B-Q (gas grill provided)
Meatloaf	Sandwich, veggie, fruit platters
Turkey/ham/chicken	Pot roast

Menu variations are encouraged; keep in mind our goal is to serve the families a complete meal. RMH will provide eating utensils and coffee. If you intend to use paper plates, we encourage groups to donate them with the meal.

### HELPFUL GUIDELINES:

- Those cooking in our kitchen should bring all the ingredients for their meal with them.
- All persons preparing a meal should read posted guidelines **FIRST**.
- Leave your purse or other valuables locked in your car or ask the volunteer to lock it up for you during your stay.
- Cooks must wash hands before food preparation.
- No alcohol is allowed on site. We suggest soda, iced tea or lemonade.
- Normal serving time for dinner is 6:30pm.
- Please clean the kitchen thoroughly after use.
- Teens 14 and up who cook must have one adult supervisor per five teens.
- Parking is available in our shared lot; use the spaces marked RMH permit parking only.
- Maximum number of participants in the group is 8.
- Tours of RMH will be given upon request.

### HOW TO SCHEDULE:

- Sign up on [www.takethenameal.com](http://www.takethenameal.com). Last name: *Tampa* Password: *meal*

06.14.12