



Family Meals Program Guidelines

Individuals, families, groups and organizations volunteer to come prepare and serve a meal at the Ronald McDonald House of Southern New Jersey. This typically is dinner and but may include breakfast or brunch on the weekends. This is a wonderful opportunity for everyone to experience what the Ronald House is all about, meet the residents, and learn the value of volunteerism.

The following are basic guidelines for planning, preparing and serving a meal for the Ronald House.

1. **Reserve a date.** Please call our office at 856-966-4663 to reserve a date for your meal. We appreciate every contribution, however, we do not encourage walk-in meals as this may conflict with a planned event. You may view available dates on the calendar in the volunteer section of this website before calling.
2. Once you have scheduled your date, you should receive a reminder via phone or email confirming your meal. If for some reason you do not hear from us, please call the office at 856-966-4663, five days ahead to confirm.
3. Our fully stocked kitchen is comfortable but not commercial. We have 4 ovens, 2 microwaves, serving dishes, dinner and dessert plates, soup bowls, glasses, and silverware for you to use. (There is no need to bring or buy paper products.) There are two large kitchen islands, which you may use to prep food and serve your meal. Generally, you should plan to serve 30-40 people. **Dinner should be ready by 5:30pm; Breakfast should be ready by 9:30-10:00am on weekends and by 7:30am on weekdays.**
4. While we gladly welcome children to assist with the meals, we kindly ask that all children be 16 years or older unless with a supervised youth group. We politely ask that there be no more than 8-10 people preparing a meal.
5. When your group is planning, please be sure to include a few "sous chefs" who will roll up their sleeves to organize the clean up and storage of leftovers at the end of your time with us.

When planning your meal, please keep in mind that it should be a balanced one and should include selections both adults and children will enjoy. Here are some ideas for meals:

Dinner:

Pot roast, beef brisket, London broil, roast pork, turkey or ham with potatoes/rice, vegetables, salad, bread and dessert
Rotisserie chicken, fried chicken, chicken nuggets for kids, with pasta salad & vegetables

Grilled hot dogs & burgers with salads

Hot turkey, roast beef, steak, sloppy Joe or Meatball sandwiches with salad and dessert

Salad bar with meats

Casseroles, soups, or stews with bread and dessert

We generally ask that you choose a menu other than pasta with red sauce (everyone's first thought for a large group is spaghetti or lasagna) because our families would be served pasta every night! Also, we use these dishes as our backup when we have a cancellation.

Breakfast:

Bagels, muffins, donuts

Fresh fruits

Eggs, bacon, sausage and casseroles

Pancakes, waffles or French toast

Omelettes

There are many ways to have fun with meals. We encourage your creativity!

Thank you for your participation in this program and we hope your volunteer experience is a rewarding one.