














Cooks for Kids General Information

Cooks for Kids is designed to help the families served at the Ronald McDonald House while their children are undergoing treatment for life-threatening illnesses. After a long and often exhausting day at the hospital, families look forward to coming into the House for a "home-away-from-home," cooked meal.


Group Guidelines

-  All volunteers **must be 14 years or older** to enter the residence. All youth volunteers between the ages of fourteen and eighteen must be accompanied and supervised by adults.
-  We suggest a group of 8-10 volunteers to set-up, and serve the meal.
-  A menu will be posted in the House inviting the families to your meal. Please send your menu plans and a list of participant names, via email or phone, to the Director of Volunteers, Carynn Roehrick at carynn@rmhtwincities.org or 612-767 2788 at least two weeks before your scheduled meal date.
-  **For the safety of our children, if anyone in your group is not feeling well, we ask that they do not come and serve the meal. Our patients face immune suppression issues and we need to protect their exposure to any viruses.**





General Meal Details

-  Dinner is served at 5:00 p.m. Monday-Sunday. Your group can spend as much time as needed in our kitchen preparing dinner.
-  We estimate the cost for dinner to be approximately \$250-350.
-  Meals may be prepared in our community kitchen, off-site, or a combination of both.
-  Plan to prepare and serve a meal for approximately *80 people*. Leftovers are welcome! Our families will be able to access the kitchen throughout the day to help themselves. ***Please note: There are many units being served, so please make sure everyone is taking 1 serving until all family members have been given dinner.***
-  We require that our meal groups SERVE the meal rather than allowing the families to fill their own plates.
-  We also ask that you wear the plastic gloves (provided) while serving.
-  Remember to wash your hands before preparing the meal.

*Director of Volunteers: Carynn Roehrick • 612-767-2788
House within the Hospital: 2525 Chicago Ave. Minneapolis 55404*




-  After the meal, we ask for your assistance in cleaning the kitchen (put any dirty dishes in the dishwasher, run the dishwasher and wipe down the countertops, empty garbage, etc.).

Food/Beverages/Utensils



-  We provide Corelle plates and bowls, we prefer that you use them, however if needed we will provide paper/plastic cups, dinnerware and napkins.
-  We provide storage container(s) for leftovers please label them with the food description and the date.
-  You do not have to plan for unusual dietary restrictions. Parents will monitor and adjust for any special diets.
-  We ask that you provide a balanced meal: main dish, vegetable, side dish, beverage and dessert.

Cooking Facilities

The RMH has cooking facilities and the following available for your use:

-  Pots and pans
-  2 range tops, 2 ovens, 2 microwaves, 2 refrigerator/freezers and an ice machine
-  Assorted counter-top appliances (Coffee maker, toaster, etc.)

Extras

-  Decorations: Feel free to decorate (streamers, center pieces, and tablecloths). Music complementary to the cuisine you are preparing is an easy way to add a special touch.
-  Tours: A tour of our beautiful house will be offered to your group. It's a great way to get acquainted with the special stories we share.