Cooks for Kids Overview

The Cooks for Kids meal program gives volunteer groups a special opportunity to support our families. Groups purchase, prepare and serve a buffet style meal of their choosing and by doing so, they give our families one less thing to worry about. Thank you for considering the Cooks for Kids program for your group.

Group Guidelines

- All volunteers must be 14 years or older to volunteer at any of our locations. All youth volunteers between 14-18 years old must be accompanied and supervised by adults.
- Refer to the chart below to determine which of our locations is the best fit for your group.

<table>
<thead>
<tr>
<th>House</th>
<th>Location</th>
<th>Recommended number of volunteers</th>
<th>Average number of diners</th>
<th>Kitchen set-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oak Street</td>
<td>621 Oak Street, Minneapolis</td>
<td>6-12</td>
<td>60-80 Dinner 40-60 Brunch</td>
<td>2 range tops, 4 ovens, 2 microwaves, 2 refrigerator/freezers Icemachine.</td>
</tr>
<tr>
<td>Children’s – Mpls.</td>
<td>2525 Chicago Ave S., Minneapolis</td>
<td>8-10</td>
<td>90-100 Dinner 60-70 Brunch</td>
<td>2 range tops, 3 ovens 2 microwaves 2 refrigerator/freezers and Icemachine</td>
</tr>
<tr>
<td>Gillette – St. Paul</td>
<td>200 University Ave., St. Paul</td>
<td>3-5</td>
<td>50-60 Dinner 35 Brunch</td>
<td>1 range top, 2 ovens 2 microwaves 1 refrigerator/freezer Icemachine</td>
</tr>
<tr>
<td>Children’s – St. Paul</td>
<td>345 N. Smith Ave St Paul</td>
<td>3-5</td>
<td>50-60 Dinner 35 Brunch</td>
<td>1 range top, 2 ovens 2 microwaves 1 refrigerator/freezer Icemachine</td>
</tr>
</tbody>
</table>

- Menus are posted in each House. Please send us your menu at least one week before your scheduled meal date. Email it to volunteer@rmhtwincities.org or call 612.767.2788
- For the safety of our children, if anyone in your group is not feeling well, we ask that they do not participate with your group. In general, any individual who has had flu, fever or cold symptoms within the previous 24 hours should not attend.
General Meal Details

- Dinner is served at 5:30 p.m. every night, and Brunch is served at 11:30 a.m. on Saturday and Sunday.
- We recommend that meals are prepared in our community kitchens, however food can be prepared off-site, or a combination of both.
  - Note: CFK groups can spend as much time as needed in our kitchen preparing the meal.
- CFK groups do not have to plan for any unusual dietary restrictions. Parents will monitor and adjust for any special diets; however, nutritious meals (low calorie/fat) options are appreciated!
- CFK groups are asked to provide a balanced meal: main dish, vegetable, side dish, dessert and beverages
  - Leftovers are appreciated! Our families have access to the kitchen throughout the day and are free to help themselves.
- Theme dinners are welcome! Visit our website at rmhtwincities.org, click Ways to Help/Cooks for Kids and open our CFK Pinterest page to get ideas.
- We require that CFK groups SERVE their meals rather than allowing the families to fill their own plates.
  - Note: Volunteers must wear plastic gloves (provided) while serving. In addition, volunteers must wash their hands before preparing the meal.
- After the meal, CFK groups are asked to clean the kitchen (wipe down the countertops, place dirty dishes in the dishwasher and run the dishwasher, empty the garbage, etc.)
- We welcome your meal group, our staff, and volunteers to enjoy the meal as well.

Kitchen Information

- Our kitchens are stocked with plates, bowls, silverware, serving utensils, etc. Groups that wish to use disposable materials must provide them.
- Refer to the chart on the previous page for a list of appliances found in each kitchen.
- At the end of the meal, CFK groups are asked put any leftovers in storage containers (provided), labeling them with the name of the dish and the date.
Volunteer Expectations

Thank you for volunteering for Ronald McDonald House Charities, Upper Midwest. We appreciate your help!

As a Ronald McDonald House volunteer, it’s important that you adhere to the following guidelines:

- First and foremost, please be aware that you are a guest in our families’ home(s) while they take care of a sick child
- Please respect our families’ privacy by:
  - Not visiting the family’s room(s) or hospital units.
  - Refraining from taking photos of the families (photos of the space or your group is acceptable).
  - Maintaining a faith-free environment.
  - Not exchanging personal information with the families.
  - Avoid offering services to our families

Thank you for your cooperation and all that you do for the Ronald McDonald House, Upper Midwest!