



Home for Dinner Guidelines

How does this volunteer opportunity work?

Volunteers plan the menu, buy the groceries, bring the ingredients to the House to cook plate and package meals for families to enjoy.

Participation Requirements

The health and well-being of children, families, volunteers, staff and the communities in which we operate are our highest priority.

Please note that strict adherence to our COVID-19 protocols is important to ensure the safety and wellbeing of all. Home for Dinner Groups must adhere to the following requirements:

- Proof of Covid-19 vaccination required and verified upon entry
- Group size limited to 2 volunteers
- Members must be in good health to attend and will undergo wellness check questions upon arrival and sign a health declaration prior to participation
- Mask wearing, physical distancing and hand hygiene maintained at all times

Program Guidelines

- Meals must be prepared or assembled onsite at the Ronald McDonald House. Meals may also be delivered from a restaurant or catering service. Due to health code, we cannot serve meals or foods that are prepared in a non-commercial (i.e., home) kitchen.
- The kitchen is fully equipped and fully stocked with all the cookware and utensils you will need. If there is a special piece of equipment you need, call to find out if we have it. If not, you will need to bring your own. Hairnets and gloves are provided.
- The kitchen has plenty of plates, bowls, glasses, silverware, etc.
- **Dinner:** Prepare enough to feed 10-15 people. Dinner should be ready by 6 pm. Our staff will assist with serving, clean up and storing of leftovers.
- Approximately 2 days before your scheduled date RMHCMB staff will confirm your volunteer date and time via email and indicate if you need to prepare more or less food than the guidelines indicated above.
- **Arrival Time:** We ask that groups arrive no earlier than 4:15pm. Dinner is served at 6pm so depending on what your group is making please give yourself enough time for food prep and a Mission update.

Meal Considerations

- Meals should include: A salad, a main course, a vegetable/side and fresh fruit or dessert. Please limit the amount of sweets.
- Ingredient warnings: Please indicate, with a note, any ingredients used that are known allergens (e.g., peanuts, shellfish, etc.).
- Meal presentation: Meals are served by hosts and RMHC staff. Although many families may not be present at the time the food is prepared, all meals are thoroughly enjoyed when our families return from the hospital.
- Alcohol: Volunteers are not permitted to bring or consume alcohol on the premises.

Meal Service and Clean Up:

- Packing Meals: To reduce the spread of germs, volunteers will pack all prepared food into individual plates or containers for families to enjoy either during or after the mealtime.
- Physical Distancing: We require all group members to be mindful of spacing between one another while participating, and to maintain a six-foot distance from others at all times. Staff will assist with appropriate meal prep and meal service set-up.
- On-Site Dining: RMHCMB program dining rooms will have limited seating capacity, ensuring our families are able to practice safe social distancing while eating. Additionally, some families may choose to eat in their rooms.
- For safety reasons volunteers are not currently able to dine at the House.
- Clean Up: Participants are responsible for thoroughly cleaning the kitchen as part of the Home for Dinner Program. Cleaning instructions will be provided by our RMHCMB staff, and all volunteers are expected to stay until clean-up is complete.

Volunteer Expectations:

- Photographs: Please limit photos to your group only. Due to our families' confidentiality, photos of them may not be taken. However, please feel free to share your group's photos with us by sending them to info@rmhmanitoba.org
- Cancellation Policy: Your contributions through the Home for Dinner program provide an integral support to RMHCMB families. If your group is unable to fulfill its commitment, please let us know no later than one week prior to your volunteer date. If you need to cancel on shorter notice, please consider having food delivered to our House, such as pizza or sandwiches.
- The families staying at RMHCMB are going through a stressful time. Please remember to respect their needs by keeping the environment peaceful and friendly.