

— Volunteer Services — Family Meal Program — Guidelines —



Thank you for your interest in the Family Meal Program!

You can help provide food for our families who don't have the time, resources or energy to prepare or purchase a nutritious meal.

There are several ways you can help. Individual and group volunteers are needed to prepare and serve nightly dinners, occasional lunches and weekend brunches at our two Ronald McDonald Houses.



RONALD McDONALD
HOUSE CHARITIES
ATLANTA

Nightly Dinners

Mon – Sun
Dinner served at 6 p.m.

Prepare and serve a nutritious dinner at one of our Houses for our families as they return from the hospital.

Arrive as early as needed to prepare your meal.



Breakfast Club

Mon – Fri 8 a.m.
Sat – Sun 10 a.m.

The most important meal of the day! Schedule a morning to prepare breakfast at one of our Houses.

Baker's Club

Mon – Fri
10 a.m. or 2 p.m.

Bake cookies, brownies, cupcakes, and more at one of our Houses.

Bring ingredients to make the treats. This activity is great for individuals or groups.

Casserole Club

Mon – Fri
10 a.m. or 2 p.m.

Prepare nourishing casseroles to be stored in the freezer and served as needed.

Bring ingredients and a disposable 9" x 13" oven safe pan for storing.

The Board of Health encourages us to have all meals prepared in our House. Food prepared in commercial cooking establishments such as restaurants, catering services or cafeterias and then brought in or delivered is acceptable.

Please call 678-704-8098 or visit armhc.org for information on our Family Meal Program opportunities.

MENU SUGGESTIONS

Breakfast

Milk
Orange juice
Apple juice
Sausage
Bacon
Eggs
Bagels & cream cheese
Hotcakes
Cereals

Brunch

Breakfast casseroles or Quiches
Eggs
Bacon or sausage
Pancakes, waffles or french toast

Bagels & cream cheese
Muffins, biscuits or croissants
Fruit salad
Grits
Chicken or tuna salad

Meat Dishes

Beef and noodles/stroganoff
Sloppy joes
BBQ chicken, beef or pork
Stir fry
Tuna, chicken or beef casseroles
Beef, chicken or turkey chili

Sub sandwiches
Baked ham, turkey, pork or chicken
Rotisserie chicken
Pizza
Taco bar, taco salads, burritos, enchiladas
Grilled burgers, hotdogs or kabobs
Fried chicken or chicken fingers
Pastas with meat sauce and meatballs
Fish sticks or fillets
Breakfast for dinner

Sides

Fresh vegetables
Veggie casseroles
Veggie stir fry
Homemade soups
Pastas
Salads
Coleslaw
Vegetable medley
Baked potato
Stuffing
Macaroni and cheese
Rice or rice pilaf
Potato or pasta salad
Bread/rolls
biscuits/cornbread
Corn on the cob

Serving Requirements

ATLANTA RONALD McDONALD HOUSE NEAR EGLESTON

MEAL	DAYS	# OF PEOPLE
Dinner	Mon — Thurs	50 - 65
Dinner	Fri — Sun	30 - 45
Breakfast	Mon — Sun	30 - 45

ATLANTA RONALD McDONALD HOUSE NEAR SCOTTISH RITE

MEAL	DAYS	# OF PEOPLE
Dinner	Mon — Thurs	45
Dinner	Fri — Sun	30
Breakfast	Mon — Sun	30 - 45

Serving size can vary depending on occupancy.

- A complete meal includes a meat dish, vegetarian dish, vegetables or fruit, dessert and drinks.
- Prepare enough salad for half the number of people listed under serving requirements. Please do not mix salad toppings or dressing in the salad.
- Limit your group to no more than 12 volunteers for the House near CHOA at Egleston or 10 volunteers for the House near CHOA at Scottish Rite.
- Volunteers must be 9 years old & older.
- Most cooking utensils and equipment are provided (pots, pans, large spoons, etc).
- Plates, silverware and glasses are provided; however, we encourage bringing paper products for easier clean-up.
- Tea and coffee are provided; please bring other drinks you plan to serve with your meal.
- Once guest families have helped themselves your volunteer group is welcome to eat and visit with the families.
- Clean up begins 45 minutes to 1 hour after serving time.
- Please hand wash large pots, pans and bowls.
- Place all leftovers in sealed containers, label with food item and date, then place in refrigerator.



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