

# — 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.



## 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](http://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	25 - 30
Breakfast	Mon — Sun	25 - 30

*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.



**Ronald McDonald House Charities®**  
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