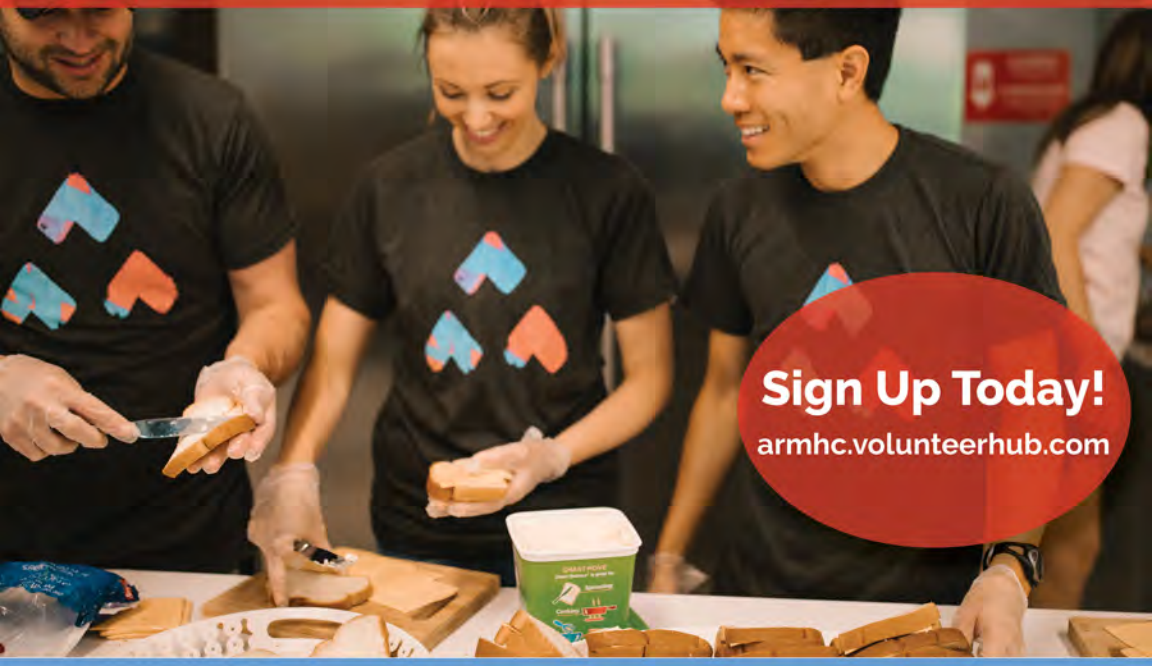
Celebrating 40 Years

RMHC Atlanta

Group Volunteer

OPPORTUNITIES



Thank you for your interest in helping us provide a home away from home for our families!

We simply could not provide the care we do to families in need without help from friends like you.

We rely on the generosity of volunteers to provide and cook nourishing meals as well as fun activities that help bring our families together.

1,050 meals were prepared at our Houses in 2018

OUR LOCATIONS

795 Gatewood Road, NE
Atlanta, GA 30329
678.704.8098

5420 Peachtree Dunwoody Road
Sandy Springs, GA 30342
470.426.8804

Family Meal Program

Serving Requirements

House near Egleston

Meal	Days	People
Dinner	M-Th F-Sun	50-65 35-40
Breakfast	M-Sun	30-35
Lunch	M-F	20-25

House near Scottish Rite

Meal	Days	People
Dinner	M-Th F-Sun	40-45 20-25
Breakfast	M-Sun	20-25
Lunch	M-F	20-25

- **A COMPLETE MEAL** includes a meat dish, vegetarian dish, fruits or vegetables, dessert and drinks. For menu options, contact the House Volunteer Manager where you serve.
- **MAXIMUM NUMBER** of volunteers per opportunity is 12 for our House near Egleston and 10 for our House near Scottish Rite.

Healthy Body = Healthy Mind

Need menu ideas?

armhc.org/menu-options

- **VOLUNTEERS MUST BE** 9 years and older. Volunteers ages 9 to 18 must be accompanied by an adult at all times.
- **WE PROVIDE A FULLY STOCKED** kitchen with all cooking utensils and equipment (ovens, stovetops, pots, pans, etc.).
- **REGULAR PLATES, SILVERWARE** and glasses are provided; however, if you prefer to serve on paper plates with plastic utensils, we ask you provide those supplies.
- **WE PROVIDE HOT TEA AND COFFEE;** however we ask you to bring appropriate drinks to accompany your meal.
- **ONCE ALL FAMILIES** have been served, your volunteer group is welcome to visit and eat with our families. Please add the number in your group to the number you are asked to prepare for.
- **CLEAN UP** begins 45 minutes to an hour after serving. All cooking and serving tools should be washed and put away. All leftover food must be properly stored away before departing.

Nightly Dinner

- 6 p.m. Monday-Sunday
- Plan the menu, prepare and serve a nutritious dinner for our families as they return from the hospital.
- Groups can arrive at 4 p.m. to prepare your meal.

Breakfast/Brunch

- **House near Scottish Rite:** 8 a.m. Monday-Friday
- **House near Egleston:** 8:30 a.m. Monday-Friday
- **Brunch at both Houses:** 10 a.m. Saturday-Sunday
- Plan, prepare and serve a nutritious breakfast for our families to get their day started!

Bakers & Casserole Clubs

- 10 a.m.-noon and 2-4 p.m. Monday-Friday
- Baked goods help make our House smell more like a home! Prepare 2 to 3 batches of sweet or savory treats for our families to enjoy throughout week.
- Prepare casseroles to be stored in freezers and served at a later time. Bring ingredients and a disposable 9"x13" oven-safe pan.

Lunch

- 10 a.m.-noon Monday-Friday
- Plan and prepare a nutritious lunch for our families.

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

Activity Night Volunteer

7-8 p.m. Monday-Thursday

Our goal is to provide families with a variety of age-appropriate activities and entertainment while staying at the House. As an activity volunteer, your group can lead our families in a fun activity of your choosing.

Maximum of 8 volunteers at our House by Egleston and 7 volunteers at our House by Scottish Rite. All volunteers must be 9 years and older.

Activities may include: arts & crafts, performance of music, dances, and/or plays, manicure night, flower arranging, game night, bingo night with prizes (we have a Bingo set), healthy living activities.

©2019 RMHC