

# Ronald McDonald House Charities of Northeast Kansas

## Meal Maker's Program Guidelines

---



### Thank you for volunteering to make a meal at the “House that Love Built” and for keeping families close.

We all enjoy coming home to a freshly prepared meal and our families are no different. After spending a long day at their child's bedside, preparing a meal is one of the last things on their minds, as they are under considerable stress and don't always think to eat. This is why we encourage volunteer groups to prepare an evening meal and take one less worry away from our families

- The max number of volunteers for making a meal is 4.
- All Participants must be 16 years of age or older. No children allowed, at this time.  
*Please make sure all participants in the meal preparation process are healthy to avoid spreading illness. Volunteers must wear a KN95 mask or be double masked. Two surgical masks or a surgical mask followed with a cloth mask is acceptable.*
- You may prepare the meal anytime during the day and by 4:30 pm.
- Plan to prepare food for approximately 6-8 guests.
- All food must be prepared in a:
  - Licensed food establishment or commercial kitchen
  - On-site in our kitchen.
- You may bring all the food items or use items from our pantry and freezer. Please send a list, 3 days prior to your date, so we may let you know what items are available for your use.
- Please check for condiments and/or staple already opened in the refrigerator before opening new items. We always have milk, eggs, and butter for your use.
- Try to place food in containers with lids. Please label and date each item. Include any cooking or reheating instructions.
- If it needs to cool, before placing in the refrigerator, please inform the House Manager.
- Please rinse and load dishes in the dishwasher. Wipe down all work surfaces and microwave, if used.
- Write the menu on our white board on the wall in the hallway.
- Freezer meals are. also. an option. Please label and date the item. along with any re-  
*You may not see many of our guests while you are here  
but know that the food you prepare will be eaten and enjoyed!*  
*Cancellation Policy: Please give us at least 48 hours notice, for cancellation.*

---

825 SW Buchanan Street, Topeka, KS 66606 (785) 235-6852

[www.rmhcneks.org](http://www.rmhcneks.org)

[Monica@rmhcneks.org](mailto:Monica@rmhcneks.org)

Ronald McDonald House Charities of Northeast Kansas  
**Meal Maker's Program Guidelines**

**PARKING INFORMATION**

---

Parking is available on the street at the front of the house on Buchanan. We have a lighted parking lot to the back (west) of the house located on Lincoln Street.

---

**Menu Ideas**

---

As a general guideline, please consider providing the following menu items:

- ♥ Main dish
- ♥ Fresh salad, vegetable salad, vegetable side dish
- ♥ Fresh fruit
- ♥ Dessert

Please check for condiments and/or staple items already opened in the refrigerator before opening new items. (For example: Worcestershire sauce, jars of garlic, salad dressing, salsa, mayo, mustard, ketchup)

**Entrée Suggestions**

♥ Chicken ♥ Turkey ♥ Pork ♥ Beef ♥ Chili ♥ Soup ♥ Stew ♥ Potato bar ♥ Ribs ♥ Roast ♥ Hamburgers ♥  
Meat Loaf ♥ Tacos ♥ Enchiladas ♥ Pizza (home-made or carry out) ♥ Lasagna ♥ Stir fry ♥ Spaghetti ♥ Chicken Fettuccine ♥ Mac & Cheese

**Side Dish Suggestions**

♥ Roasted Vegetables ♥ Vegetable or Fruit Salad ♥ Raw Veggie Tray ♥ Pasta Salad ♥ Mashed/Scalloped Potatoes ♥ White/Brown/Wild Rice ♥ BBQ beans ♥ Lettuce/Mixed Greens Salad (croutons on the side) ♥

**Dessert Suggestions**

♥ Cookies/Bars ♥ Pie ♥ Cake ♥

825 SW Buchanan Street, Topeka, KS 66606 (785) 235-6852

[www.rmhcneks.org](http://www.rmhcneks.org)

[Monica@rmhcneks.org](mailto:Monica@rmhcneks.org)