



Interim Family Meal Program Opportunities

With guidance from our Global chapter, we are working on ways to re-engage volunteers in a limited capacity and most importantly, feed our families! Below are the opportunities we are currently offering. Please note, this is a temporary plan that is subject to change as we receive guidance from our Global chapter and local public health officials.

Meal Delivery

Order from a local restaurant to be delivered to the Ronald McDonald House! Since we cannot have sit-down family meals right now, send a dinner from a nearby restaurant to feed families staying at the Ronald McDonald House! This is also a great way to support one of your favorite local spots.

Guidelines:

- All meals need to be **individually wrapped or boxed**. That way we can safely give each person their own meal. Examples are wrapped sandwiches or boxed meals.
- We are currently asking for deliveries of **50 individual meals**.
- This opportunity is currently offered on **Thursdays**. We ask that you schedule the meal to be delivered **around 6 pm**.
- Delivery can be made by the restaurant, their delivery partner, or you may pick it up and deliver it yourself.
- Confirm your delivery details with Kiley via email by Monday before your meal. The earlier you can confirm your meal, the more notice we can give to our families! We would like to know:
 - Restaurant name
 - Food items and quantities
 - Delivery time window
 - The delivery driver is aware of delivery instructions
 - All items will be individually wrapped or packaged

Delivery Instructions:

Denver

All deliveries must go through the garage. The garage is in the alley behind the House, which can be accessed from either 20th or 21st Ave. Please ring the doorbell next to garage upon arrival and staff will meet you there shortly.

Denver Ronald McDonald House
1300 E. 21st Ave.
Denver, CO 80205

Aurora

All deliveries go through the garage. The garage can be accessed from the south side driveway to the right of the House (near the basketball hoop). Please ring the doorbell next to garage upon arrival and staff will meet you there shortly.

Aurora Ronald McDonald House
932 Potomac Circle
Aurora, CO 80011

Please contact Kiley Erlandson at kerlandson@rmhc-denver.org or 720-382-7221 for more information.



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Make Ahead Meals

Come to our House and make a meal for our families to enjoy at their own leisure! While we wish we could bring back full family dinners at our Houses, we are excited to try out a Make Ahead Meal volunteer opportunity. This opportunity involves preparing a meal for our families and then individually wrapping the meals to be placed in the refrigerators in our kitchens and/or in our freezers for our families to eat at a later time. This opportunity allows families to enjoy home-cooked meals safely and on their own time.

Guidelines:

- This opportunity is currently offered on **Tuesdays**. Because of kitchen space availability, at the Aurora House, groups can come **from 2 p.m.-5 p.m.** At the Denver House, we have flexibility for any 3-hour time frame between **9 a.m.-7 p.m.**
- Due to available space and current COVID-19 guidelines, we are only allowing groups of **2** at this time.
 - All volunteers must be 14 years of age or older
- Volunteers must be fully vaccinated for COVID-19. We ask that you sign a waiver day-of stating you have received your vaccination. We do not need to see your vaccination card.
- All health and hygiene protocols must be followed, including wearing gloves, face masks, and social distancing.
- The group is responsible for preparing a menu and bringing in all the food ingredients. RMHC will provide cookware, kitchen supplies and basics (gloves, cleaning supplies, paper towel, etc.) needed.
- All food must be prepared in our House, a commercial kitchen or packaged from a store.
- Once prepared, all meals need to be individually wrapped and packaged.
 - To-go containers will be provided by RMHC; however, for items that can be put in Ziploc, donations are welcome.
 - If possible, we would also encourage bringing individually wrapped cutlery.
- We ask for **50** individual meals; however, we will gladly accept as many or as few as you can make!
- Please clean up after yourselves and follow our cleaning instructions once you are finished with the meal prep.

Meal Suggestions:

We recommend foods that are easy to prepare in bulk and can be tailored to include vegetarian options.

- Lasagna
- Casseroles
- Mac and Cheese & pasta dishes
- Wraps, Soups and Salads
- Chili
- Meat, Veggie, Starch
- Ethnic dishes: Enchiladas, stir fry, etc.
- Deserts: Brownies, cookies, bars, etc.
- Drinks (individual servings/bottles and unopened)
- Sides: fruit, bread, chips, veggies, etc.

How to Schedule:

- Choose a date on our online calendar and sign up!
- Once you sign up, Kiley will be in touch to gather more details, provide additional information about the volunteer opportunity and answer any questions you may have.

On Your Volunteer Day:

- Make sure everyone in your group is healthy, all volunteers must be completely illness/symptom free (cold, flu, fever, stomach virus, etc.)
- All volunteers must wear a face mask (regardless of vaccination status).
- When you arrive at the House, check in at the front desk. Everyone in your group must sign in and sign a day-of volunteer waiver. Carts/wagons are available for transporting food and supplies.
- Kiley or a Guest Services Associate (GSA) will assist you and orient you with the kitchen space.
- If you have any questions while cooking, please ask the volunteer/GSA at the front desk for help. They will be more than happy to assist you.
- Once you have finished preparing the food, please pack into individual to-go containers, label the containers, and place on a cart. RMHC staff will distribute the meals to each kitchen for families to enjoy.
- Once you are completely done with meal prep, please follow our cleaning instructions and clean the kitchen space and all kitchen tools and equipment used.
- If you would like a tour or any photos taken, feel free to ask the volunteer or Guest Services Associate!

Please contact Kiley Erlandson at kerlandson@rmhc-denver.org or 720-382-7221 for more information.