



Meals from Scratch

A hot meal can do wonders for families who spend long days caring for their seriously ill children. We are looking for groups of 3-10 people to prepare a menu, purchase the ingredients, cook and serve the meal from scratch to our families in our kitchen. This is a great opportunity for team building, friends and family, church groups, and more!

Meal	Dates Available	Estimated Budget*	Number of Volunteers	Arrival Time	Serving Time	Clean Up
Breakfast	Monday-Friday	\$100-\$250	3-10	7 AM	8-9 AM	9-9:30 AM
Brunch	Saturday and Sunday	\$100-\$250	3-10	Between 8-9 AM	10-11 AM	11-11:30 AM
Dinner	Every day (except Tuesdays in Denver)	\$350-\$500	3-10	4 PM	6-7 PM	7-7:30 PM

***This is just an estimate. The budget for the meal is up to you and your group!**

Sign Up:

- We need **1** volunteer to act as the **Group Leader** and register with our VolunteerHub site to reserve a date. The Group Leader must be 18 years of age or older.
- Once the date is reserved, we will reach out with registration instructions for your other volunteers to sign up. Group Leaders will be able to view who has signed up in VolunteerHub.
- Volunteer Group Requirements:
 - This opportunity is for groups of **3-10 volunteers**.
 - All volunteers must be **14 years of age or older**. Volunteers between the age of 14-17 must have adult chaperones. Volunteers ages 14-17 will not register online and will be given waivers to fill out and bring to the volunteer opportunity.

Prepare:

- Ensure all volunteers register and sign up for the volunteer event using your group's custom VolunteerHub link. We have important waivers attached to the registration that must be acknowledged prior to the volunteer event.
- There is a monetary commitment for this opportunity. The group is responsible for preparing a menu and purchasing all of the food ingredients.
- Confirm your menu with the Volunteer Manager at least 1 week in advance, as we advertise the upcoming week's menu throughout the facility.
- We cannot guarantee how many guests will attend the meal because our families are all on their own unique schedules. You can reach out as your date gets closer for an estimate.

- RMHC will provide cookware (suitable for cooking for large groups), serving supplies (ceramic tableware, metal silverware, cups, mugs, etc), kitchen supplies and basics (gloves, cleaning supplies, paper towel, etc.) needed.
- Our kitchen is very large with ample space for food preparation. It has multiple stovetops, ovens, dishwashers, and many appliances for your use. Use plates, bowls, cups and silverware in the kitchens for serving. If you would like to use paper products and plastic silverware, you are welcome to bring some for your group to use!
- All food must be prepared in our facility, a commercial kitchen or packaged from a store. **No at-home meal preparation can be done in advance!**
- Make sure everyone in your group is healthy, all volunteers must be completely illness/symptom free (cold, flu, fever, stomach virus, etc.)

Day-Of Instructions:

Arriving to RMHC:

- Please do not arrive earlier than the Arrival Times listed above as our kitchen spaces may not be ready for you and staff may not be available to assist you yet. Our families will trickle in during serving time, so your meal does not need to be completely ready at the exact serving time.
- Park anywhere in our parking lot and head towards our main entrance. Go through the first set of doors and wait to gain access through the second set of secure doors (do not pull on the doors).
- **All volunteers must wear a face mask at all times while volunteering.** If you forget one, we will supply you with one!
- When you arrive at the House, check in at the front desk. Everyone in your group must sign in on our iPad to ensure our waivers were acknowledged.
- We will provide you with a cart to bring in all your food supplies.

During Meal Preparation and Serving:

- A staff member or volunteer will bring you up to the kitchen and give you the Meal Volunteer Binder with all of the information you need to have a successful meal experience.
- All health and hygiene protocols must be followed, including wearing gloves, face masks, and social distancing.
- If you have any questions while cooking, please come down to the front desk for help.
- Once you have finished preparing the food, feel free to begin serving families, even if it is early. Serving is buffet style, you can choose to serve the families, or they can serve themselves.
- If you have leftover food, you are welcome to sit down and enjoy the meal with the families! You can also make up to 10-15 to go meals for families who may have missed the meal. To-go containers will be provided by RMHC. **If you still have leftovers after preparing the to go meals, you must bring the**

food home with you, due to limited refrigerator space at RMHC. Please do not leave large containers of prepared food at our facility.

After Serving:

- Please clean the kitchen using the cleaning instructions in the Family Meal Program Binder.
- Make sure all dishes, pots, pans, silverware, etc. are loaded into the dishwashers before you leave. Please use the dishwasher detergent from under the sinks to start the dishwashers before you leave.
- Put away any clean dishes, pots, pans, etc. into the correct drawers and cabinets.
- Fill out a Meal Wrap Up Form in the Family Meal Program Binder to check off our cleaning steps, report an estimate on how many people you served, and let us know if you have any comments or suggestions!
- Use a cart to bring down the 10-15 to go meals to the staff person or volunteer at the front desk. They will distribute the meals to the kitchens.

Meal Suggestions:

We recommend foods that are easy to prepare in bulk, can be cooked in a timely fashion and we encourage you to get creative! Please consider a vegetarian option as well. Beverages are optional.

Breakfast/Brunch Suggestions:

- Hot Items: eggs, bacon, sausage, breakfast burritos, hashbrowns, oatmeal bar, French toast, waffles, pancakes, toast
- Baked Items: Cinnamon rolls, egg bakes, breakfast pastries/breads, biscuits and gravy
- Cold Items: Fruit, yogurt bar, cereal and milk, bagels, and cream cheese

Dinner Suggestions:

- Main Dish Ideas: Lasagna & Pasta Dishes, Mac and Cheese & Casseroles, Wraps, Soups and Salads, Chili, Meat/Veggie/Starch, Ethnic Dishes (Enchiladas, Stir Fry, etc.)
 - Spaghetti & meatballs and tacos are the most popular dish groups make. If there is already a group signed up to make either of those meals the week you are coming, we will ask that you change your menu.
- Side Ideas: Fruit, Bread, Chips, Veggies, Salad
- Dessert Ideas: Brownies, Cookies, Bars/Bites

How to Register and Sign Up for a Date as the Group Leader:

1. From our Group Volunteer Opportunities page (<https://rmhc-denver.org/group-volunteer-opportunities/>), under "Meals from Scratch," choose which house you would like to volunteer at and click the corresponding link.

2. If you do not already have an account with our VolunteerHub Site, click **"Create Account"** on the top right of the screen. If you already have an account, click "Sign in" on the top right of the screen to sign in, and skip to step 6.
3. Under the "Account" tab, **create a username and password**. Then click "Next."
4. Under the "Join Code" tab, **skip** by clicking "Next" **(do not type anything in)**.
5. Under the "Affiliations" tab, check the box for the opportunity you are interested in **("I'm interested in cooking a meal from scratch")**.
6. Under the "Profile tab" please fill out all required information (with an asterisk). Click "Next" once you are done.
7. When you get to the "Complete" tab, click "Next" and you will be brought to our events calendar.
8. Click on the date you are interested in signing up for. There will be one opening, for the Group Leader.
9. Click **"Next"** again to get to our Confidentiality and Release of Liability waiver and Photo Release waiver. All you will need to do is **check two boxes** saying you agree. Click "Next" and you will be completely done and signed up.
10. You will receive an email confirming you are signed up. If you did not receive an email, you will need to go back in and ensure you clicked all the way through the sign up.
11. Once you sign up, the Volunteer Manager will be in touch with registration instructions for your additional volunteers, to gather more details about your menu, provide additional information about the volunteer opportunity and answer any questions you may have.