



RMHC®

Southern West Virginia



MEAL PROGRAM VOLUNTEERS

Want to help Ronald McDonald House families by preparing a delicious, home-cooked meal? Sign up today to prepare a meal at the Ronald McDonald House!

- Max 10 volunteers per group
- All health and hygiene protocols must be followed, including wearing food prep gloves (provided by RMHC).
- Anyone under the age of 18 must be accompanied by an adult at all times.

Preparing Your Meal

- All food preparation and cooking must be done on RMHC property or in a commercially licensed kitchen in order to comply with health and safety regulations.
- We recommend contacting the House the day prior to your scheduled date to get an estimate of how many guests are staying at the House.
- Store-bought food items must be in their original, unopened packaging.

What to Expect

- Please bring all the ingredients that your meal will require. Before opening your condiments please check our House pantry and refrigerator for any open condiments and/or anything you would like to add to your meal.
- We ask that you clean up after yourselves once you are finished preparing your meal, washing and putting away any dishes that have been used and taking out the trash.

Your Volunteer Group

- If this is your first time preparing a meal at the House, all volunteers in your group will need to complete a liability waiver prior to beginning.
- For the welfare of the families, individuals suffering from a cold or contagious illness should not volunteer at the Ronald McDonald House.

Sign Up to
Prepare a Meal at
CharlestonRMHC.org



Questions?

Contact us at **(304) 346-0279** or at
Betsy@CharlestonRMHC.org