



Ronald McDonald
House Charities®
Kentuckiana

Thank You for your support of our Meals From The Heart program! For a family with a seriously ill child, a delicious meal after a long day at the hospital can be quite the pick-me-up.

Planning Ahead

Meals From The Heart - Plan and cook your meal from scratch

- Our Meals from the Heart groups do all the planning, shopping, cooking, and cleaning for their meals! Our kitchen is stocked with a variety of cooking equipment, tools, utensils, and basic pantry items to meet the basic needs of our meal groups.
- We recommend groups prepare food for at least 80 people. We encourage you to call our front desk, 502.581.1416, 2 days before your scheduled meal for the most accurate headcount.
- Please submit your menu at least one week in advance. Don't know what to cook? Check out our meal suggestions on the last page.
- For the health and well-being of our families, ALL food must be prepared in our commercial kitchen or in an outside commercial kitchen. Any store-bought items should be in unopened containers and all produce should be brought in whole.

Volunteer Requirements

- Please limit the size of your group to no more than 8 people. This includes adult chaperones if there are children with your group.
- Children under the age of 10 are not permitted in the kitchen area due to the nature of the tasks involved in preparing the meal.
- Children under 16 years of age must be supervised at all times.

Our Kitchen

Our commercial-grade kitchen is fully stocked and includes:

- 1 flat top griddle
- 10 range tops
- 7 ovens
- pots, pans, InstantPots, and utensils

If you need early access to our kitchen or have questions, contact

Grace Hargreaves, Program Coordinator
grace@rmhck.org | 502.371.1446

550 S First Street, Louisville, KY 40202 | 502.561.1416 | rmhck.org



MEALS FROM THE HEART



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Meal Times

Dates Available	Meal	Arrival Time	Serving Time	Clean-up Time
Thursday & Friday	Dinner	4:00 PM	6:00 PM	7:00 PM
Saturday & Sunday	Brunch	8:00 AM	10:00 AM	11:00 AM

Day-Of Details

- Free parking is available in the lot across from our main entrance at 550 S. First Street.
- Locate the set of three blue doors on the front of our building and enter through the one on the far left - you may need to buzz in.
- Groups should arrive together for a brief orientation before you start cooking. For dinner, arrive between 4-4:30 pm; for brunch, arrive between 8-8:30 am.
- Meals are served buffet style. Please utilize warmers to ensure safe temperatures.
- When you are ready to serve your meal, let a staff member know and they will make an announcement to families.
- Complete clean-up duties (doing dishes, putting away leftovers, handling trash, etc.) before your group leaves.
- Place leftovers in the provided food storage containers.

Health and Safety Guidelines

- If a member of your group is not feeling well or has been exposed to a contagious disease, we ask that they stay home for the safety of our families.
- To prevent foodborne illnesses, refrigerated food should be cold when brought in and frozen food should still be frozen solid.
- Wear closed-toe shoes.
- Tie back long hair and wear facial nets for beards.
- Wear provided aprons and gloves while handling and preparing food.
- A Ronald McDonald House food safety certified staff member will be in the kitchen with you.

If you have additional questions, contact

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Things to Consider

If your group must cancel, please contact Grace Hargreaves, Program Coordinator, at grace@rmhck.org or 502.371.1446, as soon as possible so we can make alternative arrangements. If you would still like to provide a meal, you are welcome to have food delivered to the House or make a donation to fund a meal.

Your group is welcome to stay and eat with our families once your meal is served. Please add your group into your meal count when planning.

Please be aware that not all families arrive at the same time to eat. Families will slowly trickle in as the evening/morning progresses. Many will enjoy the leftovers for a late dinner or lunch the next day.

We encourage our meal groups to create their own menus while keeping in mind that **anything that can be stored and easily reheated is often best for our families** since their schedules are often unpredictable.

When bringing condiments, please **check kitchen fridges to see if there are any open containers** and put those out first. We will put extra condiments in our pantry.

Keep food safe! In every step of food preparation, follow the four guidelines to keep food safe:

- Clean—Wash hands and surfaces often.
- Separate—Don't cross-contaminate.
- Cook—Cook to proper temperatures, checking with a food thermometer.
- Chill—Refrigerate promptly.

We'd Love to Hear About Your Experience!

- Tag us on your social media – @rmhckentuckiana #LoveServedDaily #MealsFromTheHeart #ChefJamesLou
- Send an email, photo, or video to our Communications Manager, April, at april@rmhck.org and share a little about your experience.

Follow and Share - @rmhckentuckiana





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Meal Suggestions

Need some inspiration for your menu? Check out the ideas below!

Entree Ideas

- Grilled or baked meat - chicken, beef, pork, fish
- Potato bar - bacon, pulled pork, cheese, sour cream, butter, etc.
- Pasta bar - one or two types of pasta with several different sauces and mix-ins
- Enchiladas with rice & beans
- Chicken pot pie
- Soup & sandwiches
- Ham & cheese sliders
- Beef tips with rice or pasta
- Meatball subs
- Meatloaf
- Sloppy joes
- Stir fry
- Cheeseburger sliders
- Chicken, tuna, and/or egg salad sandwiches
- Pulled pork, beef, or chicken
- Stuffed pasta shells
- Breakfast for dinner
- Lasagna

Side Dish Ideas

When planning please consider providing a well-balanced meal that could include a starch and/or bread, salad, fresh fruit, or vegetables.

- Salad with assorted dressings - we suggest cutting the size of your salad in half
- Vegetable salad - potato, pea, coleslaw, bean, pasta, etc.
- Mixed fresh fruit salad is always a hit!
- Potatoes - so many options!
- Rice
- Macaroni & cheese
- Mixed steamed vegetables

We ask our Meals From The Heart groups to steer away from pasta and tacos since our families get those dishes frequently; however, if pasta is your specialty then please bring a side of protein like meatballs, chicken parmigiana, or sausage.

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