



Ronald McDonald  
House Charities®  
Pittsburgh

# Meals from the Heart



## Frequently Asked Questions

### What should we cook?

Please provide a complete meal for our families with sides and a main course. Do you have a recipe that has been in your family for generations or are you known for a signature dish? We'd love for you to share it with us! Check out our website for helpful meal inspirations! Please notify our Volunteer Coordinator when you decide on your menu (ideally one week in advance to avoid providing a duplicate dinner).

### How is the meal set up?

As most families have different medical schedules, please set the meal up buffet style. Families can then make plates and eat at their convenience.

### How long does a Meals from the Heart meal take?

After initial serve time, please plan to leave food out for one hour. This gives families time to work the meal into their schedules. After or during the hour, volunteers should clean up the kitchen and put away any leftover food. Leftovers are always a comfort later in the evening. Foil, Saran Wrap, etc. are available at RMHC.

### Can children volunteer with my group?

Yes, children are welcome to participate but must be accompanied by adults and are considered part of the 12 individual limit for the meal program. Children need to be supervised at all times.

### Can I interact with the families?

Please keep in mind that our guests are presently experiencing crises in their lives. It is important to be empathetic but also consider our guests need for privacy and space.

### Need to cancel but still want to help?

If an unforeseen conflict arises, you can provide a pizza, deli, or Chinese night instead. Please call our Volunteer Coordinator or RMHC front office to make arrangements. Please do not forget to include the tip for the delivery person.

**For additional questions please contact:**

**Morgan Barnes**

Volunteer Coordinator

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