

RONALD MCDONALD MARITIMES HOME FOR DINNER



**Ronald
McDonald
House**
Maritimes

<https://ronaldmcdonaldhousemaritimes.ca/>

homefordinner@ronaldmcdonaldhousemaritimes.ca

782-321-2695

WELCOME



To help ease the stress and financial burden weighing on our families, it's the simple things, like a home cooked meal, that can make all the difference.

The Home for Dinner program helps ensure families visiting us can enjoy warm, healthy meals after a long day at the hospital.

Whether your group is made up of coworkers, friends, or family, it is sure to be a fun experience while also providing a much-needed service for our families.



HOW TO PARTICIPATE

01

Confirm

Carefully review this information package and ensure that the program meets your expectations and aligns with your needs.

02

Schedule

Reach out to the Ronald McDonald House to inquire about available dates for booking a Home for Dinner meal.

03

Recruit

Organize a group who will participate, this could include family members, friends, colleagues, or other community members who wish to join the experience.

04

Menu Plan

Collaborate with your group to plan the menu for the meal. Consider any dietary preferences or restrictions to ensure that everyone can enjoy the meal.

05

Grocery Shop

Once the menu is finalized, make a list and go grocery shopping. Ensure that you have all the necessary ingredients and take out containers to prepare the dishes on the menu.

06

Cook!

On the scheduled date, gather at the Ronald McDonald House with your group members to cook!

PROGRAM DETAILS

Locations	Ronald McDonald House Maritimes 5950 South St.
Available Parking	Limited parking spots are available at the RMHC
Kitchen Supplies	Our kitchen is fully equipped with cookware and utensils. If there is a special piece of equipment you need, you are welcome to bring it along!
Planning your menu	When purchasing your groceries, plan to make something family-friendly, nutritious and delicious! Please bring all ingredients and individual containers to prepare and package your meal.
Arrival Time & Cooking Time	12:00-3:30 pm This timeframe does not include clean-up; groups are asked to allow additional time afterward to tidy their station
Dinner Time	4:00PM
Plan to Prepare	50 individually packaged servings at the RMHC 20 individually packaged meals should be delivered to the IWK Family Room by 3:40 PM .
Suggested Group Size	Maximum of 8 people at the RMHC
Allergy Restrictions	No restrictions but please provide a list of ingredients. Please notify us of any ingredients used that are known allergens (peanuts, shellfish, etc.).
Guidelines and Policies	Very Important: Ensure each participant carefully reviews the guidelines prior to your group's visit. If anyone is feeling ill or has flu symptoms, we ask that you not participate.
Cancellation Policy	For cancellations with between 14 & 3 days' notice, we will make every effort to work with you to find a replacement group to cook, or coordinate with you for a meal to be delivered at the group's expense. For last-minute cancellations (less than 72 hours), groups will be required to provide an alternative arrangement for food to be delivered, or to make a donation to cover the cost of meals (up to \$1,500 for 50 meals for the House and Family Room)

FAQ

Why Home for Dinner?

Ronald McDonald House Maritimes helps families with sick children stay together and near the medical care they need through two core programs: Ronald McDonald House® and Ronald McDonald Family Rooms®. Home for Dinner provides families with a delicious home cooked meal after a long day at the hospital.

What time should we arrive and what time should the meal be ready for?

Prep time is typically from 12:00–3:30 PM. **This timeframe does not include clean-up; groups are asked to allow additional time afterward to tidy their station.** Earlier access may be available upon request.

Tax Receipts?

RMHC Maritimes follows tax receipt guidelines in line with the CRA. Groceries purchased for the HFD program are eligible to be receipted if the purchase receipt is submitted (valued \$20 and above). A receipt can only be issued to the individual or business that made the purchases. Your full name and mailing address are required.

Are we required to stay and serve the meal?

No, due to COVID19 restrictions, our Home for Dinner meals must be individually packaged. Meals are kept at the Family Room or House for families to reheat.

What types of meals would you suggest?

We are open to a variety of meals. We recommend comfort food that is family-friendly, as well as a meal that is easy to freeze and served as leftovers. *We also encourage groups to have a vegan or vegetarian option to meet varying diet needs.*

How far in advance do we need to notify you of the chosen meal and ingredients?

Please have your menu planned **one week** in advance of your Home for Dinner date so that we can share it with the team and families

Can we cook the meal at home and drop it off?

No. Food and safety guidelines adopted by Ronald McDonald House, require all food to be prepared in our kitchen or a certified kitchen (i.e. restaurant kitchen)

FAQ

What else can we bring?

Please visit our website <https://ronaldmcdonaldhousemaritimes.ca/> to view our Wish List for items you can bring to help stock our pantry.

Photo Consent?

Some families staying at RMHC Maritimes do not want their pictures taken. Our team monitors a family's consent for photo taking and therefore **we ask that visitors do not take** any pictures of families/children while at the House. You are welcome to take pictures of the facility and your group while cooking. Our team will also capture photos if everyone provides consent.





See below for some menu options for your meal! These are only suggestions, please feel free to cook what you cook at home - **we encourage groups to select menus from various cuisines.**

- Beef, chicken or veggie kabobs
- Meatballs and rice
- Curry with rice
- Meatloaf
- Pad Thai
- Chicken pot pie
- Taco Bowls
- Butter Chicken or Tofu
- Beef stew
- Pork chops with couscous and veggies
- Goulash (macaroni, hamburger, tomato, onions..)
- Sloppy joes
- Enchiladas
- Stir fry with eggrolls
- Chicken fricot
- Mac n Cheese
- Bibimbap Bowls
- Baked ham or chicken with potatoes
- Homemade pizza
- Biryani rice with chicken
- Pulled pork with sides
- Breakfast for dinner
- Shake n Bake Chicken

FOOD SAFETY

Before you begin your meal, please take a few moments to prepare not only yourself, but also your surroundings by:

- Ensuring you have no cold or flu symptoms
- Tying back long hair
- Cleaning the area in which you will be cooking and dining
- Washing your hands for at least 30 seconds under hot running water
- Masks and gloves are provided but are optional; use rubber gloves if you have a cut or sore on your hands. Rubber gloves are located under the sink in the kitchen.

As you prepare your meal, keep in mind basic food preparation ideals:

- Keep raw meats away from uncooked food. If raw meat spillage occurs on your cooking space disinfect immediately.
- Use assigned cutting boards: labeled cutting boards are for uncooked meats and unlabeled cutting boards are for any other cooking needs.
- No taste testing with your fingers; when you use a spoon, only use it once.
- Remember the “Food Safety Zone”: keep all cold foods below 40°F and hot foods above 140°F.
- Ensure fruits and vegetables are washed thoroughly.
- No deep frying is permitted.
- Proper cooking kills almost all dangerous microorganisms. Cook food thoroughly, and test your food before serving to make sure following temperatures are reached: **Steaks, Roasts, Chops, and Seafood: 145°F, Ground Beef and Pork: 155°F, Poultry: 165°F, and Eggs-until yolk and white are firm: 155°F**

Some other tips:

- Please use open bottles of condiments, dressings, and cheeses before opening new ones.
- Our kitchen will be reserved for your volunteer team in order to follow social distancing recommendations by public health.
- Please help us keep our kitchen beautiful by leaving the kitchen as you found it:
 - Dishes can be placed in the dishwasher located in the kitchen.
 - Garbage, recycling, and compost can be placed in the labelled bins and containers.

NUTRITION GUIDELINES

We provide a “home-away-from-home” for the families who stay at our House and visit our Family Rooms. Food is an important part of making our families comfortable; it is our goal that families not only find comfort in the food we provide, but also have access to nutritious food choices during their stay. To promote access to healthy food, please consider the following recommendations when purchasing foods.

Vegetables, Fruit

- Choose fresh or frozen vegetables as often as possible
- When purchasing canned vegetables, look for vegetables that are “reduced in sodium”, “low in salt” or have “no added salt”. Rinse well before using.
- Choose canned fruit without added sugar, packed in water or natural fruit juice

Grains

When purchasing pasta, rice, bread, cereal, granola bars, tortillas, pitas, etc.:

- Look for the words “whole grain” or “whole wheat” in the ingredient list
- Choose cereal that has 4g of fiber or more

Dairy & Alternatives

When purchasing milk, yogurt, and alternatives:

- Choose skim, 1% or 2% milk products
- Choose milk alternatives that are fortified with calcium and vitamin D
- Choose yogurt and cheese that have reduced milk fat content

Meat & Alternatives

- Choose “lean” and “extra lean” cuts of meat
- When purchasing canned beans and lentils, choose products that are “reduced in sodium”, “low in salt” or have “no added salt”
- Choose unprocessed meats as often as possible

Pre-packaged Foods

Purchasing pre-packaged foods such as sauces, soups, vegetables and prepared entrees can be part of a well-balanced meal. Reading the nutrition facts label can help guide the decision making process.

Here are some helpful tips for reading food labels:

- Aim for *less* than 5% of saturated and trans fat as well as sodium
- Aim for *more* than 15% of fiber, calcium, iron, and vitamin A



Thank you!



EMPLOYEE GIVING

CONTINUE TO MAKE AN IMPACT

EMPLOYEE GIVING IS A MEANINGFUL WAY TO SHOW YOUR TEAM CARES. WHETHER THROUGH PAYROLL DEDUCTIONS, WORKPLACE FUNDRAISING, OR CORPORATE MATCHING, YOUR EMPLOYEES CAN MAKE A BIG IMPACT—PROVIDING MEALS, COMFORT, AND A HOME-AWAY-FROM-HOME FOR FAMILIES JUST STEPS FROM THE HOSPITAL.

TO LEARN MORE, CONTACT MEGAN, DEVELOPMENT SPECIALIST, AT MEGAN.L@RONALDMCDONALDHOUSEMARITIMES.CA

CONTACT INFO

Thank you for your support! Please reach out with any questions or to book a date to cook



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