



# Ronald McDonald House Charities® Richmond

Thank you for your interest in preparing a meal for Ronald McDonald House Charities of Richmond. We could not provide families with children receiving medical care with the support they need without you. After a long day at the hospital, coming back to a homemade meal provides a small comfort and helps families feel at home.

## How to Sign Up:

- Check the Meal Calendar on our website to find an available date. Click on 'Get Involved' then 'Meal Calendar'.
- Contact our Director of Volunteers, Diana Villarreal, at [diana@rmhc-richmond.org](mailto:diana@rmhc-richmond.org) or (804)-355-6517 to reserve the meal date you'd like to reserve.\*

*\*Volunteers are responsible for purchasing ingredients, but our kitchen is stocked with cooking supplies. If you cancel within 72 hours of your scheduled date, we request that you arrange for food to be delivered, since we will be unable to fill your slot on such short notice.*

## Schedule of Opportunities:

|                  | Days of the Week                        | Arrival Time*    | Departure Time | # Servings | Estimated Cost |
|------------------|---|------------------|----------------|------------|----------------|
| <b>Breakfast</b> | Saturday and Sunday                     | 8:00 - 8:30 a.m. | 9:30 a.m.      | 10-12      | \$30-\$45      |
| <b>Dinner</b>    | Every day                               | 4:00 - 5:00 p.m. | 6:00 p.m.      | 12-15      | \$75-\$100     |
| <b>Cookies</b>   | Tuesday, Thursday, Saturday, and Sunday | 1:00 p.m.        | 2:00 p.m.      | 12-15      | \$15-\$20      |
| <b>Lunch</b>     | Tuesday – Friday                        | 9:00 a.m.        | 10:00 a.m.     | 30         | \$50-\$75      |
|                  | Sunday                                  | 11:00 a.m.       | 12:00 p.m.     |            |                |

*\*Please ensure you arrive with enough time to complete the meal by the departure time*

## Please Note:

- Please limit your group to no more than 10 individuals (the ideal group size for Lunch and Cookies is 6 individuals or fewer). All volunteers under 18 must be accompanied by an adult.
- Food must be prepared on-site, in a commercial kitchen, or purchased from a store.
- Our kitchen is fully-stocked with cooking and baking supplies.
- Please do not be disappointed if our families are at the hospital when you arrive. They will happily enjoy the meal or cookies when they arrive back at the house.

For any questions, please contact our Director of Volunteers, Diana, at [diana@rmhc-richmond.org](mailto:diana@rmhc-richmond.org)

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