



Information Package



Ronald McDonald
House Charities®
Saskatchewan



Menu Planning

- *Main entrée*
- *Side dishes/Vegetable side dish*
- *Fresh green salad, vegetable salad or raw veggies*
 - *Bread/rolls with butter*
 - *Fresh fruit and/or Dessert*



Entrées

- Chicken, ham, beef, sausages
- Casseroles, chili or lasagnas
- Roast Turkey and fixings
- Taco salads
- BBQ's - hot dogs, hamburgers, kebobs

Vegetarian variations can be a nice addition

Vegetable Sides

- Cooked vegetables
- Roasted vegetable(s)
- Grilled vegetables

Bread

- Rolls/biscuits
- Loaves of garlic bread
- Focaccia
- Pita bread
- Fresh baked buns

Beverages

- RMHC-SK can supply beverages

Salads

- Fruit salad
- Raw vegetable salad
- Coleslaw
- Raw veggie platter

Starch

- Baked potato bar with toppings
- Potatoes – baked, roasted, mashed
- Pasta
- Rice
- Perogies

Desserts/Fruit

- Cakes or Brownies
- Cupcakes
- Pies
- Sundaes or ice cream bars
- Crisps and cobblers
- Fresh fruit platters



RMHC-SK Home for Dinner Program

The Home for Dinner program is a wonderful gift for our families, providing compassionate support during what may be a very stressful time. The Home for Dinner program is a volunteer opportunity for corporate groups, organizations, or even groups of friends, to come to Ronald McDonald House to prepare a home cooked meal for these families.

What is involved in this Home for Dinner experience?

Your group has the opportunity to create the menu and bring your special touch to the evening. In your group planning, you may want to discuss who in the group brings skills and strengths in the areas of menu planning, grocery shopping, cooking and clean-up. Typically, we encourage groups to keep it simple and comfort food related. In the week prior to the scheduled meal, a representative from your group will visit the House for an orientation to help you feel comfortable in preparation of the meal. Supper is served from 5:30pm-6:30pm



Tuesday, Wednesday, or Thursday evenings. A weekend brunch or supper is also available depending on staff availability.

When the Home for Dinner date is confirmed, families will be invited to attend the Home for Dinners which are created by your group. After the meal is prepared and families have enjoyed the meal, your group is welcome to sit down with one another and enjoy the meal you've prepared.

Keep in mind that families staying at the House have hectic schedules running back and forth to the hospital. If they are not present to enjoy your meal, families are able to enjoy the meals when they return, available in the Community Pantry.

Cost to Group

\$200 – \$500 (depends on menu)

Dinner Preparation

There will be a staff and volunteer host with you for the duration of your event. They will help guide you in safe food handling, 'Home for Dinner' processes and protocols, and will act as a liaison between your group and the families. We have well equipped kitchens and large commercial fridges and freezers. During the summer months, an outdoor BBQ is also available.

ALL food has to be prepared on site as per safe food guidelines.

The number of people staying in the House can change daily, but we typically serve supper for 60-80 individuals (plus your team). Remember, if fewer people are able to attend, the leftovers will certainly be enjoyed when families return to the House.

Scheduling

If this type of volunteer opportunity appeals to your group, please do not hesitate to call or email our Food Program Coordinator to discuss details and ideas. Once your date is confirmed, we look forward to meeting with you at the orientation and welcoming you. Thank you for your generosity and support!

Contact Information:

Cesar Roblin

Food Program Coordinator

Phone: 306-244-5700, ext. 118

foodprograms@rmh.sk.ca



Food Handling, Preparation, and Storage Guidelines

Please make sure each person in your group reads the following guidelines very carefully. Many of our children have a low tolerance for germs and bacteria so it is very important that everyone understands and follows these guidelines.

Take special care in transporting food to the House

Frozen foods should be kept frozen, and may be dropped off at RMHC-SK prior to your HFD to be thawed safely.

Wash hands often and well



Clean hands are the most important food safety tool. Please wash your hands thoroughly before and during the food preparation process. Using gloves is optional – please let us know if you need or would like food handling gloves.

Use serving utensils to handle food.

Clean and sanitize all food preparation surfaces

- Before using
- In between preparation of different food items
- During final clean-up
- Use our Sanitization solution and paper towels to clean work surfaces, serving counters, and dining tables. Sanitization solution can be found in the cleaning closet in the North Kitchen.

Keep potentially hazardous foods hot or cold:

These are defined as foods in which bacteria are more likely to grow and they



include:

- Animal products (include eggs, dairy products)
- Cooked starches (rice, beans, pasta, potatoes)
- Fruits and vegetables including: cooked vegetables, tofu, sprouts such as Alfalfa or bean sprouts, cut melons

Cook food to proper temperatures – before food is put out and while food is being served.



- **165 °F:** poultry, stuffed foods and stuffing, casseroles, all reheated food
- **155 °F:** hamburger (ground meat), sausage
- **145 °F:** pork, beef, lamb, seafood, eggs
- **140 °F:** vegetables hot held; packaged, ready-to-eat food (such as hot dogs and canned chili) that are heated for hot holding
- All meats must be fully cooked to their proper temperature and then kept hot above 140 degrees. Chafing dishes, heating fuel and thermometers are supplied.

Your Home for Dinner Host or House Staff will assist in monitoring the following temperatures of foods as they are being held and served

Keep raw meat away from other food to prevent cross contamination

- surfaces that come into contact with raw meat
- Use a separate cutting board for raw meat
- Wash hands after handling raw meat

Prohibited foods are as follows:

- Non-pasteurized juice and milk products
- Raw seed sprouts, such as alfalfa sprouts
- Undercooked meat, fish, or eggs
- Alcohol: no alcohol may be brought to the House, including the use of it as an ingredient in food preparation



Know the ingredients of your dishes:

Some of our families may have questions or concerns of possible food allergies or sensitivities.

Cool hot food as quickly as possible before storing.

This may include placing the food in shallow containers to allow it to cool faster. Meats should not be stacked up in heaps as it will not cool quickly enough.

Leftover food storage:

All leftover food should be stored in containers (provided by the House)



Washing dishes in the dish washer

Your orientation will include information on how to operate the dishwasher. A volunteer or staff person will also be able to assist



