



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

Beverage – iced water, ice tea, juice



Entrées

- Chicken, ham, beef, sausages
- Casseroles, chili or lasagnas
- Roast Turkey and fixings
- Taco salads
- BBQ's - hot dogs, hamburgers, kebobs
- Vegetarian dish can be a nice addition

Vegetable Side

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

Bread

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

Beverages

- Iced water
- Ice Tea
- Juice

Salads

- Any salad or salad bar – dressings on the side
- 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



A Generous Helping:

RMHC-SK Home for Dinner Program

The Home for Dinner program is a wonderful gift for our families, providing kindness and support during a very stressful time in their lives. Our 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 our families. The volunteer group size has varied from 5 to 20 depending on the group, menu and event.

What is involved in this Home for Dinner experience?

Your group has the opportunity to create the menu, plan the occasion and bring your special touch to the evening. In your group planning, you may want to discuss who in the group bring 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. A couple of days 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 6:00- 7:00pm,



Tuesday, Thursday or Saturday. Saturday supper is served at 5:00pm, Brunch is also an option on Saturday's.

When the Home for Dinner date is confirmed, families receive a personalized invitation on behalf of the corporation or group, created by the House, welcoming them "Home for Dinner". After the meal is prepared and laid out buffet style, your group can also sit down with the families and enjoy the meal together. 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, we provide containers so you can prepare leftover packages.

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 80+ (plus your team). Remember, if fewer people are able to attend, the leftovers will certainly be put to good use later!

Scheduling:

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

Contact Information:

Food Programs

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

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 whenever possible.



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





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