



Ronald McDonald
House Charities®
South Florida



ADOPT A MEAL PROGRAM

The Adopt a Meal program provides a much needed support service for our families who are taking care of their sick children and often don't have the time, funds, or energy to prepare a healthy, home-cooked meal.

www.RMHCSouthFlorida.org

Facebook: [rmhcsouthflorida](#) Twitter: [@rmhcsfl](#) Instagram: [@rmhcsfl](#) YouTube: [@rmhcsfl](#)

4 SIMPLE STEPS TO SCHEDULE YOUR MEAL

STEP 1

Reserve your date by calling the volunteer manager or thru our online meal calendar at www.RmhcsouthFlorida.com/adopt-a-meal-rmhc/

STEP 2

Your confirmed date will be sent via-email as well as the number of house guests and amount of food to bring.

STEP 3

Please bring disposable plates, cups, napkins, beverages and utensils for mealtime.

STEP 4

Please confirm with house staff: menu that will be served. No food restrictions.

- Meals can be delivered, catered, prepared at the House kitchen or BBQ grills on the Patio.
- If you are not able to attend in person or cook, you may donate \$175.00 and sponsor a single meal for the entire house.
- If cooking in the House kitchen, you may arrive as early as you need to in order to prepare and serve your meal on time. Most cooking utensils are available at the House. If cooking in the patio, propane tanks MUST be provided by the donor.
- Maximum of 15 people per group allowed on premises for the activity.
- During meal preparation it is MANDATORY to wear hairnets and serving gloves, they will be provided.
- Please notify our office staff when your group is ready to serve and an announcement will be made for our guest families to come out and enjoy!
- Once guest families have served themselves, please have your group clean up and organize the left over meals in sealed containers and place in the refrigerator. Label them with date and name of item. All utensils need to be placed in the dishwashers for cleaning.

This is one of the most satisfying and appreciated volunteer efforts in our organization. Coming home from the hospital to a home-cooked meal, made by people who care, is a phenomenal and loving gift to our families!

ANY MEAL IS WELCOME!

BREAKFAST

served at 9 A.M.

LUNCH

served at 12 P.M.

DINNER

served at 6 P.M.

Ronald McDonald House of South Florida
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