



Keeping families close

## MEALS FROM THE HEART PROGRAM

Imagine if you spent all day at the hospital with your child only to then have to wonder what you are going to do for dinner. How wonderful it would be to come home to a hot meal. Our Meals from the Heart Program provides this service for our families. This is a great hands-on program for offices, families, schools, organizations, or a group of friends.

The Meals from the Heart Program allows yet another way for our families to remain close together as much as possible. Without the burden of grocery shopping and cooking, families have more time to focus on the treatment and care of their child, not to mention that the meals give added nourishment in a time when their focus is not usually on taking care of themselves. Our families truly appreciate this service.

### All meal volunteers must adhere to the following guidelines:

#### Current COVID-19 Guidelines

- Maximum of 3 people per group.
- As an increased precaution, children under the age of 14 are not able to participate at this time.
- Only one meal volunteer group per day.
- Meals will be prepared and individually packaged for each guest to retrieve from the kitchen.
- All volunteers must be fully vaccinated against COVID-19 and able to provide evidence of vaccine. This vaccine must be completed prior to volunteering.
- All volunteers must be vaccinated against the seasonal flu virus and able to provide evidence when the vaccine is received.
- All health and hygiene protocols must be followed, including gloves, face masks, social distancing, temperature readings, and health questionnaire.
- All individuals in photos must have on face masks and no photos with RMHC-SLA families.

- **Our House cannot accept any donations of food prepared by volunteer cooks in private houses.**
- Only food prepared at a licensed retail food establishment can be accepted for donation, if delivered directly and within a short period of time. Only packaged foods purchased from retail grocery stores in unopened containers or whole fruits and vegetables can be accepted for donation.
- Any food item past its expiration date may not be used.
- We suggest cooking for approximately 15-20 people. Many families stay at the hospital late into the evening. You may not see all our families while you are in the House, but please know that they will be looking forward to leftovers upon their return.
- Our kitchen is fully stocked with two stove tops, two ovens, and two sinks. We typically have most spices, condiments, salad dressings, and an assortment of canned foods that you are welcome to use.
- Dinner should be ready to serve at 5:30pm. You can come at whatever time is convenient for you to start cooking. If you need to come earlier in the afternoon, please prepare a dish that is easily reheated to be served at a later time.

- Please let us know what you are cooking to avoid duplication of meals within a 2-week period.

**Please consider including the following in your menu:**

- A meat or rich protein and starch, or a one-dish entrée/casserole
- Green salad or a vegetable option
- Fresh fruit or a fruit platter/fruit salad
- Bread or rolls/butter if appropriate for your menu
- Dessert(s)

**Dinner Menu Suggestions**

**Entrees**

- Comfort food like Casseroles, Roast, Meatloaf, Baked Mac-n-Cheese, Chicken Alfredo, etc.
- Turkey, ham, chicken, beef, fish/seafood
- Soup & Salad or Soup & Sandwich
- Stir-fry
- Chili, Stews, Beans and Rice w/ Sausage
- Grilled items (Our BBQ grill is available for volunteer use. Advance notice is required.)
- Catered restaurant dishes, frozen entrees, deli items

**Sides**

- Rice, Rice-a-Roni, pastas
- Potatoes (mashed, baked, scalloped, French fries, home fries)
- Beans, legumes, grains
- Vegetables (steamed, roasted, grilled)

**Salads & Fruits**

- Fruit salads, platters, or skewers
- Green salads, may be dressed or dressing on the side

- Specialty salads

**Breads/rolls**

- Rolls, muffins
- Loaves of bread
- Garlic bread
- Focaccia
- Pita (with hummus)
- Cornbread

**Desserts**

- Cookies, brownies
- Cakes, cupcakes
- Pies, cobblers, crisps
- Ice cream bars
- Ice cream sundaes
- Root beer floats
- Chocolate covered fruit

**Beverages (must be individually packaged)**

- Water (bottled or poured)
- Punch, juice, lemonade
- Boxes of juice, milk, or chocolate milk
- Iced tea

## Meals from the Heart Program Request

Thank you for your interest in cooking for us! Check our online calendar at <https://rmhc-sla.org/dinner-group-calendar/> for available dates, then fill out the following information and return to our Family Services and Programs Manager at [robin.alexander@rmhc-sla.org](mailto:robin.alexander@rmhc-sla.org) or call the House at 504-486-6668 to get scheduled. All scheduling is first-come, first-serve.

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Group Name (business name, school, etc.)

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Main Contact Name

Email Address

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Address

City

State

Zip

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Phone Number

Desired cooking date(s)

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Name of Volunteer #2

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Email Address

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Phone Number

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Name of Volunteer #3

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Email Address

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Phone Number



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## **VOLUNTEER PROGRAM COVID-19 REQUIREMENTS**

**Hi Volunteers! We are now in the phase of reopening that allows a few essential volunteers and small meal groups of up to 3 people back into the House. In order to help us ensure a safe environment for families, volunteers, and staff, the following COVID-19 safety measures and protocols must be followed.**

### **Masks**

As per CDC recommendations, healthcare facilities require continued mask wearing and other infection control measures regardless of COVID-19 vaccination status. Our House cares for families whose children are receiving care in local hospitals, so we will continue to require that staff, families (including children > 2 years), volunteers, and vendors wear masks and continue physical distancing in all RMHC program spaces until further notice.

### **Vaccination**

After reviewing CDC recommendations and upon advice from the RMHC Global office, RMHC-SLA volunteers will be required to have a COVID-19 vaccine in order to serve at the Ronald McDonald House New Orleans or at an in-person event on behalf of the RMHC-SLA. This means that: you have received BOTH doses of a two-dose vaccine and received your second dose at least 2 weeks (14 days) prior to volunteering at the Ronald McDonald House OR received a one dose vaccine at least 2 weeks (14 days) prior to volunteering at the Ronald McDonald House.

While we do need to see your vaccination card, we will not be storing this information. Please bring your card with you when reporting for your first scheduled volunteering shift.

### **Travel**

If you are travelling domestically (to a US state or territory), please inform our Family Services and Programs Manager. While you will not be required to self-quarantine per CDC guidelines, we would like to have the information in case anything changes in the short-term.

If you are travelling internationally, please inform our Family Services and Programs Manager. For ease of tracking, these volunteers will be asked to remain away from the Ronald McDonald House for 10 days after their return to the United States.