



**RMHC**  
Ottawa

# Meals That Heal

Providing families at Ronald McDonald House Charities Ottawa with a delicious meal to warm their hearts and appetites!

## Group Contact Information

Organization name (if applicable):

Main contact:

Daytime phone:

Email:

Address, City, Postal Code:

Name:

Daytime phone:

Email:

Address, City, Postal Code:

Name:

Daytime phone:

Email:

Address, City, Postal Code:

Name:

Daytime phone:

Email:

Address, City, Postal Code:

Name:

Daytime phone:

Email:

Address, City, Postal Code:

Name:

Daytime phone:

Email:

Address, City, Postal Code:

## Meal Preparation

Proposed Dates: \_\_\_\_\_

Proposed Menu:

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## Declaration of Good Health

I/we understand that since many children at Ronald McDonald House Charities (RMHC) Ottawa are immunocompromised, any member of our group cannot visit RMHC Ottawa programs if exposed to chicken pox, measles, tuberculosis, or shingles within three weeks prior to our visit, or if anyone has a cough, sore throat, fever, runny nose, diarrhea, or vomiting.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please return completed form to:  
**Carol Harper, Director of Operations and House Manager**  
Email: Carol@rmhottawa.com  
Phone: 613-737-5523

### For Office Use Only:

Arrival Time: \_\_\_\_\_

Departure Time: \_\_\_\_\_