

RONALD MCDONALD HOUSE CHARITIES OTTAWA

HOME FOR DINNER



Contact Carol Harper for more information:



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About our Home for Dinner Program

With the financial support of our community, our Home for Dinner program offers families a nutritious meal several nights a week. Having a sick child can be extremely draining, and with this program, we can take away the worry of "what's for dinner?"

The Home for Dinner program offers groups of volunteers the opportunity to extend needed support to these families by preparing a home-cooked brunch or dinner a few days a week. A staff member from RMHCO will work with you directly to choose a special menu and arrange a date and time for your team to join us at the House.

Those interested in participating in the program will experience the tangible impact of helping our families directly. Gather a group of friends, co-workers, or family members. It's that easy!

Please note that 100% of every dollar raised goes directly to support the families we serve. All financial donations to this program may be eligible for a tax receipt.

Program Benefits

- Provide a delicious meal for our families
- Save time - we do the grocery shopping
- Receive a tour of the House
- May be eligible to receive a tax receipt



HFD Support (\$500)

With assistance from RMHCO staff, groups will bring together fresh ingredients and prepare a delicious meal for our families. With a \$500 donation, our team will work closely with your group to create a tasty menu. We will purchase all the necessary grocery items for your team and have them waiting for you upon arrival.

Health Guidelines

- Please ensure you properly wash hands and sanitize before food prep begins.
- PPE will be provided to the group. This will include gloves, sanitizer, aprons, etc.
- When cleaning up the area, groups must ensure that all kitchen equipment is properly wiped down and sterilized, all dishes and utensils placed in the dishwasher, and ingredients put away.

What you need to know



- Groups can not exceed more than 6 people.
- Volunteers must be 18 years of age or older; (participants 16 years of age or older are permitted as a group member if accompanied and supervised by parent or caregiver)
- Group will work with RMHCO staff to create a menu.
- Meals must be prepared and assembled onsite in the RMHCO kitchen.
- Groups will be cooking for approximately 25 people.
- The kitchen is fully equipped and stocked with all cookware and utensils.
- All meals will be packaged individually. Packaging will be provided by RMHCO.
- Arrive at 10:00 am if you are preparing brunch/lunch and 1:00 pm if you are preparing dinner. Please expect to be volunteering for approximately 3 hours.
- Cancellation Policy: If your group is unable to fulfill its commitment, please let us know no later than one week prior to your volunteer date. If you need to cancel on shorter notice, please consider having food delivered to our House.
- We are located at 407 Smyth Road and free parking is available.

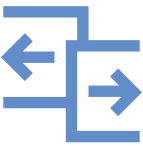
Food Handling and Safety

Step One



CLEAN - Wash hands and surfaces often to avoid the spread of bacteria. Wash your hands with hot, soapy water for at least 20 seconds before handling food and after handling raw meats or poultry, or using the bathroom.

Step Two



SEPARATE - Keep raw foods separate from cooked foods to avoid cross-contamination. Wash all plates, utensils, and cutting boards that touched or held raw meats or poultry before using them again for cooked foods

Step Three



COOK- Make sure you kill harmful bacteria by properly cooking food. Traditional visual cues like colour are not a guarantee that food is safe. Don't guess! Use a food thermometer (RMHCO will provide one) to check when meat and poultry are safe to eat.

Step Four



CHILL - Keep cold food cold. Perishable foods that are normally in the refrigerator such as lunch meats, cooked meat, and potato/pasta salads must be kept in an isolated cooler or fridge.

Safe Internal Temperatures



Ground beef: 160 F / 71 C
Whole poultry: 185 F / 85 C
Leftover food: 165 F / 74 C



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