



Cooks for Kids Guidelines & FAQ

The Cooks for Kids meal program offers volunteer groups a meaningful way to support our families. Groups purchase, prepare and serve a buffet style meal of their choice and by doing so, give our families one less thing to worry about. Thank you for considering the Cooks for Kids program for your group.

General Guidelines

Volunteer expectations:

We strive to create a welcoming and respectful environment for our families, and we would appreciate your adherence to the following guidelines:

- You may take photos of the space and your group but we ask that you do not take photos of families.
- Please do not exchange personal information with families or offer any services to families.
- Please serve a meal that does not have a faith focus

Food safety:

- All food served to RMH families must be prepared and assembled in our on-site kitchens or at a licensed restaurant, catering facility or kitchen.
- Food prepared off-site at a licensed establishment must be delivered directly to the RMH site where it will be served.
- Only packaged food in unopened containers and whole fruits and vegetables may be used.

Meal preparation, serving and clean-up:

- Volunteers are asked to wear plastic gloves (provided), pull their hair back or wear a cap, and wear closed-toe shoes.
- Meals are served buffet-style, and CFK volunteers are asked to serve the meal to our families, rather than allowing them to fill their own plates.
- Leftovers from CFK meals are appreciated. Our families have access to the kitchen throughout the day and are free to help themselves.
- After the meal, CFK groups are asked to clean the kitchen (wipe down the countertops, place dirty dishes in the dishwasher and run the dishwasher, empty the garbage, etc.)
- CFK groups are welcome to enjoy the meal after serving the families.

Frequently Asked Questions

Is there an age requirement to volunteer serving a meal?

Yes. All volunteers must be 14 years of age or older, and all youth volunteers between the ages of 14 and 18 must be accompanied and supervised by adults. In addition, minors must provide a signed minor waiver.

Does our meal need to be prepared on site?

Yes, all food items donated to RMHC-UM (including meals, snacks and baked goods) must be prepared and assembled in our on-site kitchens. The only exception to this is food prepared at a licensed restaurant, catering service or licensed kitchen and delivered directly to the RMH site.

Can we donate leftovers from a catered meeting or event?

No, due to food safety considerations, we cannot accept leftovers from a catered meeting or event.

Do you provide plates, bowls, and silverware?

Yes, we provide Corelle plates and bowls, serving dishes, cups, etc. Refer to the Kitchen Set-Up section of the Cooks for Kids webpage for additional details.

Do you provide containers for leftovers?

Yes, we provide storage containers for leftovers. We ask that CFK volunteers label leftovers with the food description and the date.

Should we plan for dietary restrictions?

You are not required to plan for dietary restrictions, however we would appreciate it if you are able to tell families if your meal contains meat, gluten, and/or dairy.

How much does an average meal cost to prepare?

- RMH-Oak Street: Approximately \$250, depending on menu selections.
- RMH-Children's Minneapolis: Approximately \$250-\$300, depending on menu selections.
- RMFR-Gillette, St. Paul: Approximately \$150, Depending on menu selections.
- RMFR-Children's St. Paul: Approximately \$150, depending on menu selections.

Do we need to decorate the facility for our meal or provide a theme?

- We welcome theme dinners with or without decorations, including streamers, center pieces, and tablecloths. Music complimentary to your meal is an easy way to add a special touch. Visit our Pinterest page linked to our website for more ideas: [www.rmhtwincities.org/Ways-to-Help/Cooks for Kids](http://www.rmhtwincities.org/Ways-to-Help/Cooks%20for%20Kids)

Is there anything else we should know about serving a Cooks for Kids meal to RMH families?

- Anyone who has had a cold, fever or flu-like symptoms within the previous 24 hours should not attend.