



Cooks for Kids FAQ

How many volunteers are needed to set-up and serve the meal?

- Ronald McDonald House-Oak Street: 6-15 volunteers
- Ronald McDonald House-Children's, Minneapolis: 8-10 volunteers
- Ronald McDonald Family Room-Gillette Children's, St. Paul: 3-6 volunteers
- Ronald McDonald Family Room-Children's St. Paul: 3-6 volunteers

When are the meals served?

- Dinner is served at 6-7:30pm nightly and brunch is served 11am-12pm on Saturday and Sunday.

How many people should we plan to serve?

- RMH-Oak Street: Dinner: approximately 60-80 people during the week and 40-60 on weekends. Brunch: approximately 40-60.
- RMH-Children's, Minneapolis: Dinner: approximately 90-100 people. Brunch: approximately 60-70.
- RMFR-Gillette, St. Paul: Dinner: approximately 50-60 people. Brunch: approximately 35.
- RMFR-Children's, St. Paul: Dinner: approximately 35-45 people. Brunch: approximately 35.

*Leftovers are welcome! Our families will be able to access the kitchen throughout the day to help themselves.

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 serve to the families or do they serve themselves?

- CFK volunteers are asked to serve the meal to our families, rather than allowing them to fill their own plates. We also ask that you wear plastic gloves (provided), closed toe shoes, and a hat or way to pull your hair back.

Is there an age requirement to volunteer serving a meal?

- All volunteers must be 14 years of age or older to enter any of our residences. All youth volunteers between the ages of 14 and 18 must be accompanied and supervised by adults.

Does our meal need to be prepared on site?

- **All food items donated to RMHC-UM (including meals, snacks and baked goods) must be prepared and assembled in our on-site kitchens** or at a licensed restaurant, catering service or licensed kitchen.

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. If you would prefer to use paper products we ask that you provide them.

Do you provide containers for leftovers?

- Yes, we provide storage container(s) for leftovers. We ask that CFK volunteers label any leftovers with the food description and the date.

Do we need to plan for dietary restrictions?

- You do not have to plan for specific dietary restrictions. Parents will monitor and adjust for any special diets. We do ask that you provide a balanced meal: main dish, vegetable, side dish, beverage and dessert.

What is the kitchen set-up at each RMH location?

- RMH-Oak Street has 2 cook top range, 4 ovens, 2 microwaves, 2 refrigerator/freezers and an ice machine. There are also pots and pans provided.
- RMH-Children's Minneapolis has 2 cook top range, 3 ovens, 2 microwaves, 2 refrigerator/freezers and an ice machine. There are also pots and pans provided.
- RMFR-Gillette, St. Paul has 1 cook top range, 2 ovens, 2 microwaves, 1 refrigerator/freezers and an ice machine. There are also pots and pans provided.
- RMFR-Children's, St. Paul has 1 cook top range, 2 ovens, 2 microwaves, 1 refrigerator/freezers and an ice machine. There are also pots and pans provided.

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, although that is not required by any means. 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.