



## Cooks for Kids Overview

The Cooks for Kids meal program gives volunteer groups a special way to support our families. Groups purchase, prepare and serve a buffet style meal of their choosing 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.

### Group Guidelines

- All volunteers **must be 14 years or older** to volunteer at any of our locations. All youth volunteers between 14-18 years old must be accompanied and supervised by adults.
- Refer to the chart below to determine which of our locations is the best fit for your group.

House	Location	Recommended number of volunteers	Average number of diners	Kitchen set-up
Oak Street	621 Oak Street, Minneapolis	6-15	60-80 Weekday Dinner 40-60 Weekend Meals	2 range tops, 4 ovens, 2 microwaves 2 refrigerator/freezers Ice machine.
Children's – Mpls.	2525 Chicago Ave S., Minneapolis	8-10	90-100 Dinner 60-70 Brunch	2 range tops, 3 ovens 2 microwaves 2 refrigerator/freezers and Ice machine
Gillette – St. Paul	200 University Ave., St. Paul	3-6	50-60 Dinner 35 Brunch	1 range top, 2 ovens 2 microwaves 1 refrigerator/freezer Ice machine
Children's – St. Paul	345 N. Smith Ave St Paul	3-6	35-45 Dinner 35 Brunch	1 range top, 2 ovens 2 microwaves 1 refrigerator/freezer Ice machine

- Menus are posted in each House. **Please send us your menu at least one week before your scheduled meal date.** Email it to [volunteer@rmhtwincities.org](mailto:volunteer@rmhtwincities.org) or call 612.767.2788.
- For the safety of the children and families we serve, please ensure that no one in your group has been exposed to chickenpox in the last 21 days or had any communicable diseases such as mumps, strep throat, measles or other infection. In addition, anyone who has had a cold, fever or flu-like symptoms within the previous 24 hours should not attend.

## **General Meal Details**

- Dinner is served 6-7:30pm nightly, and Brunch is served at 11am-12pm on Saturday and Sunday.
- Beginning May 1<sup>st</sup>, all food must be prepared and assembled on-site or at a licensed restaurant, catering service or licensed kitchen.
  - Also, food prepared at a licensed facility must be delivered directly to the RMH site.
- Only packaged food in unopened containers and whole fruits and vegetables can be used to make a CFK meal.
- Meals are set up buffet-style, with CFK volunteers serving the meals to our families.
- Leftovers from CFK meals are appreciated. Our families have access to the kitchen throughout the day and are free to help themselves.
- Theme dinners are welcome! Visit our website at [rmhtwincities.org](http://rmhtwincities.org), click Ways to Help/Cooks for Kids and open our CFK Pinterest page to get ideas.
- Volunteers must wear plastic gloves (provided), pull their hair back or wear a cap, and wear closed toe shoes while preparing food.
- 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.)
- We welcome your meal group, our staff, and volunteers to enjoy the meal as well.

## **Kitchen Information**

- Our kitchens are stocked with plates, bowls, silverware, serving utensils, etc. Groups that wish to use disposable materials must provide them.
- Refer to the chart on the previous page for a list of appliances found in each kitchen.
- At the end of the meal, CFK groups are asked put any leftovers in storage containers (provided), labeling them with the name of the dish and the date.



## **Volunteer Expectations**

Thank you for volunteering for Ronald McDonald House Charities, Upper Midwest. We appreciate your help!

As a Ronald McDonald House volunteer, it's important that you adhere to the following guidelines:

- First and foremost, please be aware that you are a guest in our families' home(s) while they take care of a sick child
- Please respect our families' privacy by:
  - Not visiting the family's room(s) or hospital units.
  - Refraining from taking photos of the families (photos of the space or your group are acceptable).
  - Maintaining a faith-free environment.
  - Not exchanging personal information with the families.
  - Avoid offering services to our families

Thank you for your cooperation and all that you do for the Ronald McDonald House, Upper Midwest!