



## THANK YOU for taking the time to visit us and cook for our families!

Our #Cooking4Families program is a huge help and relief to our families because you are providing them with a healthy, home-cooked meal after a long, and often times, stressful day at the hospital. Relieving them of the added worry of having to cook themselves.

### As a #Cooking4Families volunteer, your group will:

1. Plan your menu
2. Fundraise towards your Cooking4Families event
3. Shop for menu items
4. Prepare the meals in the House kitchen for our Families
5. Leave the Ronald McDonald House knowing that you have made a tremendous difference in the lives of our Families!

### Please see #Cooking4Families guidelines below:

- You will be cooking for approx. 25 people
- All corporates are encouraged to fundraise a minimum of €250 in advance of your #Cooking4Families experience

It costs RMHC Ireland €59 per Family per night and so your fundraising efforts make an incredible difference in allowing us to continue to look after 20 Families every night in order to **#KeepFamiliesClose**

*(Please find attached a list of very simple & easy corporate fundraising ideas to get you started. Please note that RMHC are happy to support all fundraising events by supplying fundraising packs, being present at events etc.)*

- There is one time slot available as follows: (max. 1 company per day)

	Arrival time:	Provisional Serving time:
Lunch	10.00	13.00

- Please email the following information to [ronaldhouse@rmhc.ie](mailto:ronaldhouse@rmhc.ie) 1 week before arrival:
  - Menu
  - No. of cooks visiting (max. 4 people)
- We encourage all cooks to wear striped clothing to show your support for our **#WearYourStripes for RMHC** campaign
- Upon arrival all groups will receive a formal induction to cover the following:
  - An overview about RMHC Ireland & a brief tour of the House
  - You will be shown around the kitchens & all general house rules will be outlined

### #Cooking4Families Safety Information:

- Please pay close attention to the document overleaf detailing the Group Requirements and Safety Rules for the day
- We are protecting immunocompromised children and their families every day. Their safety is our priority.





## **Cooking 4 Families – Return to ‘Cook’ Programme**

### **Group Requirements:**

- 18+ years of age
- Illness and symptom free for 14 days
- Maximum of 4 volunteers

### **Upon Arrival:**

- Check in at Front Desk
- Sanitise hands & temperature check on arrival
- Wear a face mask the entire time present in the House
- You will be shown short video and welcomed to the House
- Kitchen guide and briefing

### **Kitchen Rules:**

- Wash your hands thoroughly & frequently
- Gloves are required during the cooking process and should be changed after handling:
  1. Meat
  2. Dairy
  3. Nuts
  4. Eggs
  5. Seafood
  6. Handling rubbish or dirty dishes
- Cleaning supplies will be provided to ensure sanitisation of all food prep areas
- Food can be served in a buffet style at the main counter for our families
- Families will be advised once food is ready and they will practice social distancing when self-serving the food
- If you can't find what you need, please ask a staff member who will be happy to help
- Respect family members who may also use the facilities whilst you are there

### **Cleaning Procedures:**

- Please use the correct bins for your waste, which are clearly marked in the kitchens
- All used pots and pans must be cleaned and returned to presses after use
- Kitchens must be fully cleared down and sanitised once food preparation is finished

### **Other:**

- We are happy to take some pictures if you wish
- You may not see families during your time at the house, but please know your meals are well enjoyed and thoroughly appreciated
- Be sure to book your next cooking slot asap!