

MEAL PROGRAM GUIDELINES

WWW.RMHCNASHVILLE.COM

615-343-4000



At RMHC of Nashville, we support families whose children are critically ill and being treated at a Nashville area hospital. Our newly renovated kitchen allows us to serve our families each day and to provide an up-to-date kitchen space for our families and meal groups to cook in. By volunteer meal groups providing a meal here, families are able to come back to the House from the hospital and experience a home-cooked meal. Our mission is to provide our families with a "home away from home" and our volunteer meal groups have a hand in making that happen.

GETTING STARTED

- All meals should be scheduled in advance.
- Contact the **House Operations Coordinator** at chelsea@rmhcnashville.com to check availability
- Please be aware that meal times tend to fill up quickly. It is best to call or email to check on availability.
- We suggest scheduling meal groups **3-4 months in advance.**



BASIC GUIDELINES

- Meals can be prepared in a variety of ways:
 - Prepared beforehand and brought to the House 15-30 minutes before serve time (**see Meal Times**).
 - Prepared on site in the kitchen (**see details on next page**).
 - Catered by a restaurant or catering service (**see Other Meal Options**).
 - Sponsored and we take care of the ordering (**see Other Meal Options**).
- Be sure to wash hands before preparing and handling the food.
- Please keep all food in the kitchen and dining areas (none in the Playroom).
- Please clean as you go (**see Cleaning section** for more information).
- Please submit your menu to chelsea@rmhcnashville 7-10 days prior to your scheduled meal.

BBQ

Soup & Salad

Hamburgers

French Toast

Tacos

PREPARING A MEAL IN OUR KITCHEN

COOKING FACILITIES

- RMHC of Nashville has an up-to-date kitchen, and has the following items available for your use:
 - Pots, pans, and other cookware
 - 1 gas grill (weather permitted)
 - 3 range tops, 3 ovens, 4 microwaves
 - 4 crock pots
 - Baking sheets and baking dishes
- *PLEASE SEE **NEXT PAGE** FOR A COMPLETE INVENTORY LIST OF PANTRY ITEMS AVAILABLE
- Cutting boards, Knives,
- Various countertop appliances (coffeemaker, toasters, griddles, etc.)
- Dishes, silverware, and glassware

MEAL TIMES

- Breakfast (Mon.-Fri.): served at 8:30am
- Breakfast (Sat. & Sun.): served at 9:00am
- Lunch: served at 12:00pm
- Dinner: served at 6:00pm
 - Breakfast meal groups should arrive no earlier than 7:30am
 - Lunch meal groups should arrive no earlier than 10:30am
 - Dinner meal groups should arrive no earlier than 4:30pm



MEAL QUANTITY

- Breakfast: 10-12 people
 - Lunch: 12-15 people
 - Dinner: 15-18 people
 - *If you are providing sack lunches, we ask you provide 25 sack lunches for our families.
- NOTE:** Due to fluctuating schedules of our families, we cannot provide an exact number for each meal. Please do not be discouraged if there is a small turnout, as leftovers are eaten quickly!

MEAL REQUIREMENTS

- ✓ Meals should be a well-balanced meal (protein, veggies, fruit, starch).
- ✓ If your dishes include nuts, fish, or citrus, please make note of it on dish.
- ✓ Desserts and non-alcoholic beverages are welcome, but not required.

PANTRY ITEMS AVAILABLE

BASICS

- salt & pepper
- olive oil
- Pam spray

BAKING SUPPLIES

- flour
- sugar
- powdered sugar
- brown sugar
- baking soda
- baking powder
- biscuit mix
- chocolate chips
- vanilla extract
- shortening

DRIED HERBS

- basil
- Italian seasoning
- oregano
- red pepper flakes
- rosemary
- thyme

SPICES

- Adobo
- Cajun seasoning
- cayenne pepper
- chili powder
- cinnamon
- cloves
- cumin
- garlic powder
- steak seasoning
- nutmeg
- onion powder
- paprika
- turmeric

CONDIMENTS

- barbecue sauce
- hot sauce
- jelly/jam
- ketchup
- mayonnaise
- mustard
- salad dressing
- soy sauce
- Worcestershire sauce

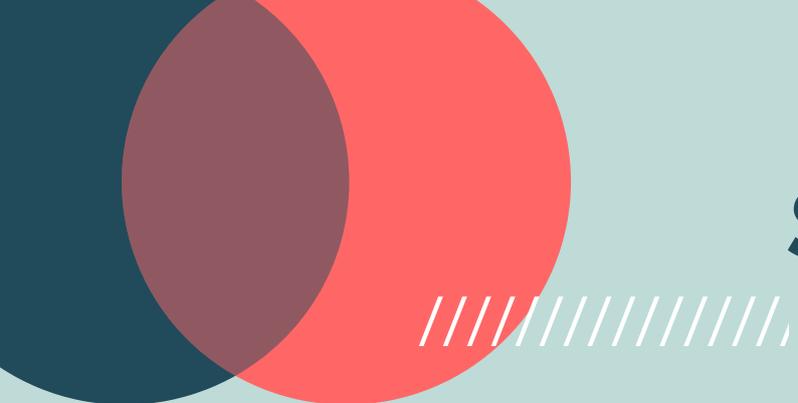
CANNED, JARRED, BOTTLED GOODS

- broth (chicken and beef)
- canned beans
- canned fruit
- canned meat
- canned tomatoes
- canned vegetables
- honey
- marinara sauce
- salsa
- soups
- syrup

BEVERAGES

- coffee
- tea
- milk
- orange juice





DETAILS, SUGGESTIONS, AND MORE...

MEAL SUGGESTIONS

BREAKFAST

- Donuts, breakfast tacos, yogurt bar, prepackaged breakfast pastries, fresh fruit, bagels and cream cheese, cinnamon rolls, french toast sticks

LUNCH

- Soup, and grilled cheese, chili, baked potatoes, salad bar, fruit and veggie trays, roll ups, pizza, hamburgers, hotdogs

SACK LUNCH

- Croissants, hoagie rolls, sub sandwiches or wraps with ham or turkey and cheese, tuna or chicken salad packs, fruit, individually packaged hummus packs, fruit snacks, bottled water, dessert-like treats

DINNER

- Casseroles, baked chicken and sides, lasagna, pasta salad, macaroni salad, taco bar, BBQ and sides, pizza and salad, spaghetti

***For more meal suggestions, check out our Pinterest Board!**

VOLUNTEER REQUIREMENTS

- Volunteers must be over 7 yr. old
- No more than 10 people in group
- If under 16, a parent or guardian must be present
- We ask that you do not visit if you are coughing, feverish, have a runny nose, or have been exposed to a contagious disease.
- Meal groups are encouraged to stay and eat with our families!

CLEANING

- Clean as you go so there is less to do after the meal has been served. Preparing the meal will be much more enjoyable this way because clean up will be less daunting!
- Please be sure all kitchen equipment is unplugged, turned off, and put away.
- Leftover food will be dated and put away by House Volunteers or Staff (although you are welcome to stay and help with this process).

OTHER MEAL OPTIONS

HAVE YOUR MEAL CATERED

BROWN BAG CATERING

420 Cool Springs Blvd. Ste. 120
Franklin, TN 37067
Brownbagnow.com
(615) 454-1718

NEWK'S

2714 West End Ave.
Nashville, TN 37203
Catering Contact: Alyssa Falvey
afalvey@mtn1llc.com
(615) 979-3152

FREEBIRDS

cater@freebirds.com
(888) 392-2287

MOE'S CATERING

Catering Coordinator: Derek Cammarata
moescateringderek@gmail.com
(615) 715-3483

JASON'S DELI

2028 West End Ave.
Nashville, TN 37203
(615) 340-9991

MELLOW MUSHROOM

212 21st Ave. S.
Nashville, TN
Catering Contact: Tammy Lucich
TammyL.Mellow@gmail.com
(678) 372-9496

TAZIKI'S CAFE

Catering Call Center Manager:
Katie Hale
khale@tazikiscafe.com
(615) 823-3941