



**Ronald McDonald  
House Charities®  
Nashville**

**Thank you** so much for your support! Providing a meal allows our families to not only focus on their loved ones in the hospital, but it also allows them to worry about one less thing.

## Requirements

- All meals must be a one-pot slow cooker recipe where all the ingredients are to be prepared in a slow cooker/Crockpot at the House.
- No additional cooking or cooking instruments should be needed.
- All ingredients must be purchased specifically for the use of the meal.

## Scheduling Requirements

- Email **Chelsea** at [chelsea@rmhcnashville.com](mailto:chelsea@rmhcnashville.com), OR fill out a ['Prepare a Meal' Submission Form](#) on our website to sign up for a meal.
- Meal availability may be limited. Please schedule two to three months in advance to solidify desired date.
- If a group must cancel, we kindly ask for a 48-hour notice. A reminder email is sent out a week prior to scheduled meal date. If an emergency occurs, please email **Chelsea** at [chelsea@rmhcnashville.com](mailto:chelsea@rmhcnashville.com) or call the House directly at (615) 343-4000 to notify us of your cancellation.
- In the event your group must cancel, a donation to our Taste of Home of any amount to cover the cost of a meal is appreciated.

## Meal Information

- We offer breakfast, lunch, and dinner Monday thru Sunday based on availability. For meal suggestions, take a look at our [Pinterest page!](#)
- Meal quantity varies as House occupancy fluctuates. An email reminder will be sent a week prior to scheduled meal date with most accurate headcount.
- No dietary restrictions. However, if nuts, citrus, or meat is used in a dish, please label and make not of it.
- Groups are required to purchase their own ingredients and drop them off the day prior to their scheduled mealtime.
- House Staff members take care of "dumping" your meal for families to enjoy!





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## Meal Time Drop Off

Meal	Drop Off Time	Quantity (*varies)
Breakfast	the day prior to your scheduled meal	15 to 20 people*
Lunch	the day prior to your scheduled meal	15 to 20 people*
Dinner	the day prior to your scheduled meal	35 to 40 people*

## Drop Off Information

- **Location:** 2144 Fairfax Ave. Nashville, TN 37212
- Parking lot is located behind the House. The main entrance is on the porch with the handicap ramp. Please ring the doorbell and someone will assist you.
- **At this time, we do not allow groups in the House to drop off items.**

## We'd love to hear about your experience!

- Tag us on social media - [@rmhcnashville](https://twitter.com/rmhcnashville)
- Share any photos or experience to our Development & Communications Director, **Rachel**, at [rachel@rmhcnashville.com](mailto:rachel@rmhcnashville.com)



## Questions?

Please or contact Chelsea Edwards  
at

[chelsea@rmhcnashville.com](mailto:chelsea@rmhcnashville.com)