



Ronald McDonald
House Charities®
Nashville

Thank you so much for your support! Providing a meal allows our families to focus on their loved ones in the hospital and have one less thing to worry about.

Volunteer Requirements

- All volunteers must be **at least 12 years of age**.
- All volunteers must be vaccinated for COVID-19 for the safety and well-being of our families.
- All volunteers must bring their government issued photo ID (18 years +).
- A **maximum of FOUR volunteers** are allowed in the House throughout the meal preparation.
- Adult chaperones are required for volunteers 16 years or younger (included in 4 volunteer total).
- For every one minor (16 years or younger), an adult must be present.
- All volunteers must be **actively** participating in meal preparation.
- **At this time, masks are not required.** However, we do reserve the right to ask volunteers to put on a mask due to health & safety of families in the House.
- Gloves and aprons will be provided. Hair must be pulled back during meal prep.
- A **Guest Chef Pre-Screening Form** will be sent out with meal reminder.

Scheduling Requirements

- Email **Chelsea** at 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 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 options Monday through Sunday based on availability. For meal suggestions, take a look at our [Pinterest page!](#)
- All food must be prepared **ON SITE**, in addition to food from a catered service or home-cooked specifically for your scheduled meal. **NO LEFTOVERS please!**
- 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 note of it.





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Meal Times & Quantity Information

Days Available	Meal	Time Commitment	Meal Ready By	Quantity (*varies)
Tuesday - Sunday	Breakfast	8:00am - 9:30am	9am	15 to 20 people*
Monday - Sunday	Lunch	10:30am - 12:30pm	12pm	15 to 20 people*
Monday - Sunday	Dinner	4:30pm - 6:30pm	6pm	35 to 40 people*

Meal Service/Day of Information

- All volunteers must remain in the Cooking Kitchen area throughout meal prep.
- Please practice healthy food safety and handling.
- **Masks are not required at this time. However, we do reserve the right to ask volunteers to put on a mask due to health & safety of families in the House.**
- The kitchen is reserved for the meal group during the allocated time commitment of each respective meal to ensure enough time for preparation and clean up.
- If desired, meal groups are able to package prepared food into individually sized containers for families to enjoy after the mealtime. We encourage meal groups to bring disposable or reusable to-go containers to help package leftovers. Check out our Amazon Wish List!
- Volunteers are required to thoroughly clean the kitchen and take the trash out before leaving.
- **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.

We'd love to hear about your experience!

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

Questions?

Please visit our **FAQ page** or contact **Chelsea Edwards** at chelsea@rmhcnashville.com

