



**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 during a critical time.

## Volunteer Requirements

- All volunteers must be **at least 12 years of age**.
- All volunteers must be in good health at the time of their meal.
- All volunteers must bring their government issued photo ID (18 years +).
- A **maximum of FIVE volunteers** are allowed in the House throughout the meal preparation.
- Adult chaperones are required for volunteers 16 years or younger (included in 5 volunteer total).
- For every one minor (16 years or younger), an adult must be present.
- All volunteers must be **actively** participating in meal preparation.
- Gloves and aprons will be provided. Hair must be pulled back during meal prep.
- A [Meal Program Waiver](#) will be sent out with a meal reminder a week prior to the scheduled date.

## 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 the 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 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 the scheduled meal date with the most accurate headcount.
- No dietary restrictions. However, if nuts, citrus, meat, or dairy 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	25 to 30 people*
Monday - Sunday	Lunch	10:30am - 12:30pm	12pm	25 to 30 people*
Monday - Sunday	Dinner	4:30pm - 6:30pm	6pm	45 to 50 people*

## Meal Service/Day of Information

- Please practice healthy food safety and handling.
- **Please do not participate if you are sick or feeling unwell. If a group, or a volunteer from a meal group, does not abide by this rule, the person or group may be asked to leave.**
- 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](https://www.instagram.com/rmhcnashville)
- Share any photos or experience to our House Manager - Family Services, **Chelsea**, at [chelsea@rmhcnashville.com](mailto:chelsea@rmhcnashville.com)

## Questions?

Please visit our **FAQ page** or contact **Chelsea Edwards** at [chelsea@rmhcnashville.com](mailto:chelsea@rmhcnashville.com)

