



## Hosting a Meal of Love Frequently Asked Questions

### **How many people should I cook for?**

Please prepare food for 90 people. This is plenty for families who can personally attend the meal, and left overs for families coming back from the hospital.

### **How many people will be present at my meal?**

This number is hard for us to quantify as we are here for families in *their* home and on *their* schedules. We post a weekly timeline notifying families of your meal to help maximize attendance and usually have anywhere from 20- 50 individuals present (children included).

### **What do I need to bring?**

Please bring your volunteer group, happy smiles, *all ingredients* you need for your meal- including beverages, paper plates, plastic ware, napkins, and serving/storage containers. We recommend using aluminum foil pans-they are great for both serving and storage!

**Friendly note: LA Ronald McDonald House has 2 fully stocked kitchens and outdoor grills for you to prepare your meal, therefore there is no need to bring cookware. Our kitchens are lived in and loved by 75 families and it is recommended to bring any cooking utensils crucial in preparing your meal.**

### **What should I cook?**

We recommend a healthy, balanced meal with protein, carbohydrates and a fruit/vegetable. Anything you like to prepare for your families, our families will enjoy as well! Taco bars, sandwich bars, Italian food, and BBQ are very popular. For additional recommendations please contact the Volunteer Coordinator.

### **What should I do when I arrive for my meal?**

Please notify staff you have arrived, they or a House Volunteer will assist you and direct you to the kitchen area. We welcome you to our home and ask you to feel comfortable in our space, we would like to note that families staying with us live here and this is their personal space. Please be courteous to families who would like to cook their own meal by leaving one complete cooking station open. We thank you in advance.

### **What should I do during meal service?**

This is based on your groups comfort level; some groups display food buffet style, while some like to serve families. Whichever method is best for your group works for our families, please keep an eye on serving utensils and limiting the potential for transmitting germs. During meal service we recommend your group interact with families, they are thankful for your visit and enjoy friendly conversation. Please be courteous to families and respectful of their state; some families are open and happy to share their stories, while others are more private. Remember, this is their home and comforting space.

### **What should I do after my meal?**

You're almost done! Please help us maintain our space by cleaning up after your group. This includes washing all dishes and cookware used, disposing trash cans that have been filled (staff or volunteers can direct you to trash receptacle) and sweeping if necessary. Please condense left overs and leave them out, our staff will put left overs away after an hour.

### **Anything else I need to know?**

If anyone in your group is experiencing symptoms of a contagious illness, please DO NOT COME! Our families are more sensitive to common illness as their child may be autoimmune suppressed. Lastly, please feel free to take a picture of you and your group but note we do not allow pictures of families. The families we serve are here under stressful circumstances and this is their private space and home, and we thank you for being respectful of their personal space.