FAMILY MEAL
Information Package

Ronald McDonald House Charities
British Columbia & Yukon

About the Family Meal Program

A night off from cooking, doing dishes and having to worry about preparing a healthy, delicious meal is a huge relief for the thousands of families who call Ronald McDonald House BC and Yukon 'home'. That's why we are so proud of our Family Meal program!

Individuals, groups, companies and organizations alike volunteer to prepare and serve a meal to 100 people, and then clean-up for our families. Not only does this help families mitigate the stress of having to prepare a meal, but it also helps them with some of the costs that they are faced with when they come to Vancouver in search of life-saving medical treatment for their child. There truly is no better gift than a home-cooked meal after a long day!

BOOK YOUR MEAL

Please visit our website to view our Family Meal calendar. Once you find an available date that works for your group, you can fill out the online Booking Form. We book up quickly, typically months in advance, so book when you can.

www.rmhbc.ca/family-meal-program/

Once your dinner is booked, you will receive a Confirmation Form. Please submit your Confirmation Form with your menu and attendees no later than two weeks in advance of your scheduled dinner.

If you have any questions, please do not hesitate to contact us.

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FAMILY DINNER

4PM	Group arrives at 4PM and greeted by RMH staff and/or volunteers.
	Group unloads vehicles and brings food to kitchen.
4:30PM	A staff or volunteer will lead group on a House tour.
	Your meal host volunteer will provide a debrief of the how the evening will work and guide you through the kitchen.
5PM	Your group will assign roles and begin cooking.
5:30PM	You may want to clean up as you go to save time at the end of the evening.
	The meal is served a 6PM and families will begin to line up for a buffet style dinner. Your meal host volunteer or a representative from your group will introduce your team and the meal.
6PM	
6:30PM	Your group will serve the first round to ensure portion control to prevent you running out of food. Families are welcome to seconds and thirds once everyone has eaten.
	Once dessert has been prepared, we invite you to join the families and enjoy your meal together.
7PM	Your group will ensure the kitchen is clean. Kitchen workstations, floors and dishes must be cleaned and sanitized.
8PM	After packing up the leftovers for families to take to the hospital for lunch your group will head home. Thank you for all that you have done!

FAMILY BREAKFAST

Weekday

7AM	The weekday breakfast format will be the same as our family dinners with the exception that our weekday breakfast groups arrive at 7AM and breakfast will be served at 8:30AM.
8:30AM	

Weekend

8AM	The weekend breakfast format will be the same as our family dinners with the exception that our weekend breakfast groups arrive at 8AM and breakfast will be served at 10AM.
10AM	

Top 10 TIPS

1. Please stay at home if you are feeling ill.
2. Prepare to cook a healthy meal for 100 people.
3. Include protein and a vegetarian option into your menu. Dessert and non-alcoholic beverage options are appreciated.
4. Manage your time and group to ensure dinner is served on time and clean up runs smoothly.
5. Take lots of pictures of your group together and having fun.
6. Please do not take pictures of and/or with our families.
7. Once our families are served, grab a plate for yourself and sit alongside our families.
8. Please do not leave any mess for our families to clean up. Kitchen workstations, floors and dishes must be cleaned and sanitized.
9. Please ensure there are no group members under the age of 12 and every member is actively participating.
10. Smile and have fun! Let us know any feedback to help improve our meal program.

FAQ

How many volunteers are needed?

A group of 12-15 volunteers is ideal when preparing a meal for 100 people. The maximum number of volunteers in our kitchen is 15. The minimum age of a Family Meal volunteer is 12 years old.

How many people do we serve?

Groups must be prepared to serve 100 people. Whether the food is eaten at mealtime, or enjoyed as leftovers, it will be very much appreciated.

What should we cook and how much will it cost?

Plan your shopping in advance to ensure food item availability. A Family Meal typically costs $400 and above. Families love it when groups get creative with their menus and make the kinds of food you love. We ask that each meal includes a protein and vegetarian option. If you would like suggestions, feel free to ask Carling. We try to provide variety to our families and prefer not to duplicate menus in any given week.

Are tax receipts issued for the food items purchased?

Yes, you are eligible for a tax receipt for the food your purchase for your dinner! To be eligible for a tax receipt, we require:

1. The original receipt(s) with any items that are NOT for the dinner clearly identified.
2. Your personal information – name, address, phone and email. In the event that your entire group would like tax-receipts, please email us directly for a tracking sheet.

Note: We receipt the pre-tax amount and donations over $20 only.

Where can we park?

Due to the location of the House, parking is very limited. Pay parking is available on the property of BC Children's Hospital as well as in the St. Vincent parking lot located at 32nd and Heather Street. There is street parking along Heather but it is subject to availability. We always suggest carpool. We do recommend groups drop of their food at the temporary parking at the front of the House prior to finding parking.

Portion Sizes

Protein

75 Chicken thighs/breasts

25 lbs Ground Beef

20 Packages of Tofu

100 Burgers

Grains and Starches

10 lbs Rice

10 lbs Spaghetti

10 Lasagna trays (9x13)

100 Baked Potatoes

**Exact portion sizes will depend on the meal.*

Portion Sizes

Vegetables and Fruit

14 heads of **Romaine**
Caesar Salad

25 lbs **Mixed** Veggies

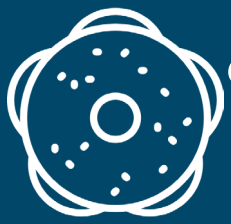
50 cups
Fruit Salad

12 heads of **Lettuce**
Garden Salad

Breakfast

18 lbs
of Bacon

12 Dozen
Eggs



12 Dozen
Bagels

14 lbs
Pancake
Mix