



Ronald McDonald  
House Charities®  
Atlantic

## Home for Dinner Program Quick Reference Guide

	House	Family Room
<b>Location</b>	1133 Tower Road, Halifax	Goldbloom Pavilion, IWK Health Centre, Halifax
<b>Available Parking</b>	Street Parking	Street Parking or IWK Parkade (Meter Parking)
<b>Arrival Time</b>	3pm	4pm
<b>Dinner Time</b>	5pm	6pm
<b>You Will Be Greeted By</b>	A staff member or volunteer	
<b>Plan to Serve</b>	15 people	30 people
<b>Suggested Number of Meal Volunteers</b>	1-6 people	2-8 people
<b>Menu Restrictions</b>	None! Just make something nutritious and delicious	
<b>Ingredients</b>	Please bring <b>all</b> ingredients that you need for your meal	
<b>Allergy Restrictions</b>	None	
<b>Food Safety</b>	<b>Very important:</b> Carefully review the enclosed guidelines	

**Additional details and guidelines are found on the following pages.**



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## Home for Dinner - Frequently Asked Questions

### **Why Home for Dinner?**

Ronald McDonald House Charities® Atlantic helps families with sick children stay together and near the medical care they need through two core programs: Ronald McDonald House® and Ronald McDonald Family Rooms®. Home for Dinner provides families with a delicious home cooked meal after a long day at the hospital.

### **Where can I do a Home for Dinner?**

You can do a Home for Dinner at Ronald McDonald House or the Ronald McDonald Family Room in the IWK Health Centre. You can even prepare a meal for both sites. This will depend on your group capacity.

### **How many volunteers should I gather for a Home for Dinner?**

One to six volunteers is an ideal amount to prepare a meal comfortably in our House kitchen or two to eight volunteers in our Family Room kitchen.

### **How many people will we need to cook for?**

We ask that our groups cook a meal for 15 people at the House or 30 people in the Family Room. If you are preparing for both sites, you may cook in our larger House kitchen for 45 people and deliver a portion to the Family Room.

### **Are there allergy restrictions?**

No. There are no food restrictions or allergy restrictions. However, we require a list of ingredients used to prepare the meal for families with allergies or food intolerances.

### **What time should we arrive and what time should the meal be ready for?**

We suggest that you arrive at 3pm at the House and 4pm at the Family Room. You are able to arrive a bit earlier or later to accommodate longer or shorter meal prep times. The meal is served at 5pm at the House and at 6pm in the Family Room.

### **Do we need to stay and serve the meal?**

No. We serve the meal buffet style to accommodate different family schedules.

### **What type of meals would you suggest?**

We are open to a variety of suggestions. We do recommend comfort food that is family friendly, as well as a meal that is easy to freeze and serve as leftovers.

### **How far in advance do we need to notify you of the chosen meal and ingredients?**

Please inform us as soon as possible, and no later than a week in advance.

### **Can we cook the meal at home and drop it off?**

No. Food and safety guidelines adopted by Ronald McDonald House, require all food to be prepared in our kitchen or a certified kitchen (i.e. restaurant kitchen).

**What else can we bring?** Please visit our website [rmhatlantic.ca](http://rmhatlantic.ca) to view our **Wish List** for small items you can bring to add to our pantry.



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## Food Safety Guidelines

**Before you begin your meal, please take a few moments to prepare not only yourself, but also your surroundings by:**

- Ensuring you have no cold or flu symptoms
- Tying back long hair
- Cleaning the area in which you will be cooking, as well as dining
- Washing your hands for at least 30 seconds under hot running water
- Using rubber gloves if you have a cut or sore on your hands. Rubber gloves are located under the sink in the kitchen

**As you prepare your meal, keep in mind basic food preparation ideals:**

- Keep raw meats away from uncooked food. If raw meat spillage occurs on your cooking space disinfect immediately.
- Use assigned cutting boards: labeled cutting boards are for uncooked meats and unlabeled cutting boards are for any other cooking needs.
- No taste testing with your fingers; when you use a spoon, please only use it once.
- Remember the "Food Safety Zone": keep all cold foods below 40°F and hot foods above 140°F.
- Ensure fruits and vegetables are washed thoroughly.
- No deep frying is permitted.
- Proper cooking kills almost all dangerous microorganisms. Cook food thoroughly, and test your food before serving to make sure following temperatures are reached: **Steaks, Roasts, Chops, and Seafood-145°F , Ground Beef and Pork-155°F, Poultry-165°F, and Eggs-until yolk and white are firm-155°F/**

**Some other tips:**

- Dishware, silverware, utensils, and pots and pans can all be located in this kitchen.
- Please use open bottles of condiments, dressings, and cheeses before opening new ones.
- Place all leftovers, to be refrigerated or stored, in sealed containers which can be found in the kitchen cupboard. **Please clearly label contents of container with item name and date.** Do not place loosely covered glass or metal bowls in the fridge, the food easily spoils in these types of containers. Place all leftovers in the fridge.

**Please help us keep our kitchen beautiful by leaving the kitchen as you found it:**

- Dishes can be placed in the dishwasher located in the kitchen.
- Garbage, recycling, and compost can be placed in the labeled bins and containers.



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## Nutrition Guidelines

We provide a "home-away-from-home" for the families who stay at our House and visit our Family Rooms. Food is an important part of making our families comfortable; it is our goal that families not only find comfort in the food we provide, but also have access to nutritious food choices during their stay. To promote access to healthy food, please consider the following recommendations when purchasing foods.

### Vegetables and Fruit

- Choose fresh or frozen vegetables as often as possible
- When purchasing canned vegetables, look for vegetables that are "reduced in sodium", "low in salt" or have "no added salt". Rinse well before using
- Choose canned fruit without added sugar, packed in water or natural fruit juice

### Grains

When purchasing pasta, rice, bread, cereal, granola bars, tortillas, pitas, etc.:

- Look for the words "whole grain" or "whole wheat" in the ingredient list
- Choose cereal that has 4g of fiber or more

### Dairy & Alternatives

When purchasing milk, yogurt, and alternatives:

- Choose skim, 1% or 2% milk products
- Choose milk alternatives that are fortified with calcium and vitamin D
- Choose yogurt and cheese that have reduced milk fat content

### Meat & Alternatives

- Choose "lean" and "extra lean" cuts of meat
- When purchasing canned beans and lentils, choose products that are "reduced in sodium", "low in salt" or have "no added salt"
- Choose unprocessed meats as often as possible

### Pre-packaged Foods

Purchasing pre-packaged foods such as sauces, soups, vegetables and prepared entrees can be part of a well-balanced meal. Reading the nutrition facts label can help guide the decision making process. Here are some helpful tips for reading food labels:

Compare the % Daily Value: less than 5% is a little, more than 15% is a lot

Aim for *less* than 5% of:

Fat  
Saturated and trans fat  
Sodium (salt)

Aim for *more* than 15% of:

Fiber  
Calcium  
Iron  
Vitamin A