

Meals of Love



What is Meals of Love?

The families staying at the House are often far away from family and other support systems that would help them through a difficult time. Meals of Love is an opportunity for individuals and groups to get involved with the Pasadena Ronald McDonald House by providing a home cooked meal for the children and families staying at the House. Our “Meals of Love” dates and sponsoring groups are always posted on our House Calendar for our families to see. To check availability, visit <https://rmhcsc.org/pasadena/page/meal> or contact Francisco Gallegos, at 626-204-0401 or via email at FGallegos@rmhcsc.org.

How many people should we prepare for?

Please prepare food for 30-35 people with a main course, side dishes and desserts. Fresh fruit is always welcome. You may also bring beverages; individual servings of beverages are helpful – like juice boxes and canned drinks, (larger sized beverages are more difficult to store once opened). **Please bring a roll of paper towels and napkins.** If you want to bring plastic /paper plates and plastic ware, it would be greatly appreciated. By regulation **NO ALCOHOL (even for cooking)** is allowed on the property. You are invited to prepare enough so that your group can join the families for dinner.

However, please note that on any given day there might not be many people at the House during dinnertime, but be assured that our guests appreciate your food. After spending another day at the hospital, knowing that your meal is waiting is a great blessing. Leftovers will be placed in the refrigerator for families to enjoy. Many families also bring leftovers to the hospital the next day.

What types of meals are needed?

Breakfast, lunch and dinner meals are always needed. Additionally, we’d love to have a B-B-Q, or other special meal. Since we have many families who speak Spanish, Mexican/Hispanic foods are greatly appreciated. Holidays are particularly difficult times for families, a “Meal of Love” on or around a holiday are always welcome. Be creative and if you need ideas, ask us.

What time is dinner?

Dinner is at 6:00 pm. Please plan accordingly so it is ready on time. You may arrive as early as you think necessary; anywhere from 4:30-5:00 is usually sufficient.

Is it required to cook on-site? We are unable to receive food prepared at home. Please purchase all ingredients for your meal. The kitchen is equipped with pots, bake ware, and cooking utensils. Cooking on-site is a little more “up close and personal” and the families enjoy meeting and thanking the cooks. We ask that you do not leave any of your dishes or cookware at the House; please take it with you before you leave.

Can we purchase food from a retail food establishment? Yes! If you choose to purchase food off-site, please use caution in storing, and transporting food items to minimize the risk of contamination. Please include a label with heating instructions.

When you arrive, please ask the staff member where you can sign in and get started. We need you to write in the TOTAL hours spent on the project (shopping, cooking, delivery, etc.) and number of people who worked on it (please include yourself in that number). This is counted in our volunteer data.

On behalf of all of everyone at The Pasadena Ronald McDonald House, we want to thank you for sharing your time and generosity with our families and guests.

Francisco Gallegos, Operations Manager
626-204-0401 FGallegos@rmhcsc.org

6-21-18