



MEALS FROM THE HEART

RONALD MCDONALD HOUSE CHARITIES®
OF CENTRAL ILLINOIS

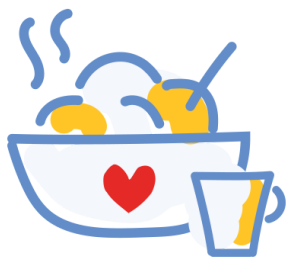
Springfield House

Ronald McDonald House offers free accommodations and meals to families with children receiving medical care, providing 8,231 nights to 432 families last year. Our families spend long days at the hospital and your support can help by providing them with a comforting, home-cooked meal. Join us in our mission to help families in need.

Who Can Participate

- You don't have to be a trained chef! Just someone who cooks from the heart
- Groups can be under 8 people
- We love to include children in your group! Please let the Volunteer Coordinator know if children will be included in your group so we can plan an excellent visit for them. Children under the age of 18 must be accompanied by an adult





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What to Expect

- Meals must be prepared in our kitchen or another licensed commercial kitchen
- Volunteers select the meal and purchase the ingredients
- The Springfield kitchen is stocked with pots, pans, utensils, and basic spices for you to use
- MFTH Volunteers prepare the meal, package the meal in individual serving containers (provided by RMHCCI), and clean the kitchen
- You are expected to follow all procedures as described by staff and follow all policies of the House
- Depending on their schedules, you may or may not interact with families. We ask that you respect their privacy and engage with them only when invited
- An outdoor grill can be used in the warmer months
- Free parking behind the House off of Miller Street



Serving Requirements

- We aim to prepare sufficient food for approximately 20-25 people, although the actual number may vary due to fluctuating occupancy of our House, and we will confirm these numbers with you the week before your scheduled date
- Sign up to cook breakfast, brunch, lunch, or dinner and let us know if your group needs more preparation time, while groups can usually arrive 1 ½ to 2 hours in advance



How to Register

- You can visit our website at www.rmhc-centralillinois.org to sign-up or fund a meal
- You can email Volunteer Coordinator Carol Bingham at meals@rmhc-centralillinois.org or 217-528-3314
- Scan the QR code below



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