



# 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. 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 up to 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, set up family-style buffet service, 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 is available behind the House on 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. We will confirm these numbers with you the week before your scheduled date.
- If your group requires more preparation time, please inform us. Dinner is served at 6:00 p.m., and groups can typically arrive 1 ½ to 2 hours in advance.



## How to Register

- Email Volunteer Coordinator Carol Bingham at [meals@rmhc-centralillinois.org](mailto:meals@rmhc-centralillinois.org) or 217-528-3314.
- Scan the QR code below.



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House Charities®  
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