

Meals from the Heart



Keeping families close®

The Ronald McDonald House of Winston-Salem provides a "home-away-from-home" in our House and Family Rooms for families with children receiving medical care in our community.

Families spend long days at the hospital and often have little time, energy, or resources to prepare a meal. The gift of a hot, balanced meal is always enjoyed and gives our families a feeling of normalcy when they are away from home.

OUR FAMILIES

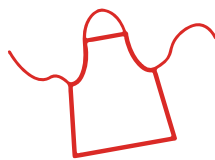


Our House offers 35 bedrooms and we are able to welcome 1,400 families each year! Giving these families the gift of a home-cooked meal - or one purchased with love - allows them to focus on the care of their child.

All food must be prepared at the House or a commercially licensed kitchen.

COOKING FOR KIDS

Our kitchen accommodates eight to ten volunteers and is equipped with basic cookware essentials.



50-60

guests per meal

3:00 P.M. Start dinner preparations.

5:30 P.M. Dinner is ready to serve.

LUNCHES WITH LOVE

Provide items for a basic bag lunch: a sandwich, bag of chips, fruit, dessert, and water or juice box.

Volunteers provide the ingredients, the necessary paper bag, plastic sandwich bags, and condiments.



50-75

lunches

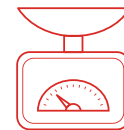
9:00 A.M. Start lunch preparations.

12:00 P.M. Deliver to Family Room(s).

BAKING WITH LOVE

Provide treats such as cookies, brownies, muffins, and cakes.

Volunteers select their own recipes and provide the ingredients.



All volunteers under age 15 must be accompanied by an adult (no more than six children per adult.)

All volunteers must bring a valid photo ID.

For more information please contact Lara Wilson, *Volunteer Meal Coordinator*
Meals@rmhws.org or (336) 970-5665