

Meals from the Heart

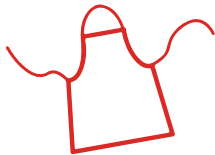
Families spend long days at the hospital and often have little time, energy, or resources to prepare a meal. The gift of a hot, balanced meal is always enjoyed and gives our families a feeling of normalcy when they are away from home.

Our House offers 36 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.

****Current COVID protocols limit group to four volunteers and everyone must be fully vaccinated (including booster) and masked****

DINNER/ WEEKEND BRUNCH

Our kitchen is equipped with basic cookware essentials.



30-40
guests per meal

2:30 P.M. Start dinner preparations.

5:00 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.



60
lunches

9:00 A.M. Start lunch preparations.

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

lunches will be delivered by RMHCPT staff

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

All volunteers must bring a valid photo ID.



RMHC
Piedmont Triad

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