

Meals from the Heart

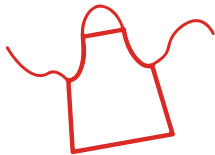
Families spend long days at the hospital and often have little time, energy, or resources to prepare a meal. The gift of a hot, balanced meal is always enjoyed and gives our families a feeling of normalcy when they are away from home.

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 groups to 10 volunteers and all participants must complete a health screening upon arrival (masks are optional). Everyone over 18 years old must have their driver's license or valid ID to sign in and receive a visitor pass. No volunteer should come if they are sick or have been exposed to illness.**

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

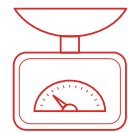
9:00 A.M. Start lunch preparations.

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 18 must be accompanied by an adult

All volunteers must bring a valid photo ID.



RMHC
Piedmont Triad

For more information contact:
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