



## GROUP VOLUNTEERING MENU

Thank you for volunteering your group to serve the families at Ronald McDonald House Charities Piedmont Triad®! We're glad you've chosen us!

# 10

A maximum number of 10 volunteers can participate in each activity. Activities can be paired to accommodate larger groups.

We have a few different volunteer opportunities for groups - let's find the best fit for your group!

### Cleaning Crew



Cleaning Crews work at the House doing yard work, window cleaning, deep-cleaning guest rooms, and other jobs as needed.

To schedule for Cleaning Crew, contact:  
Caleb Gossett, Volunteer Services Manager  
CalebG@rmhcpt.org | (336) 970-5651



Ronald McDonald House Charities®  
Piedmont Triad



### WEEKEND BREAKFAST • BAGGED LUNCH • DINNER

There are many ways to feed a family, but preparing a meal shows a personal warmth and care for families who are facing difficult moments.

## DINNER ANY DAY 2:30 PM - 5:00 PM

Groups are responsible for planning a menu, providing all necessary ingredients and supplies and using the House kitchen and equipment to cook. All prep work and cooking must be done at RMHCPT and cannot be done at home. Groups typically cook for 45, and you will receive an exact count on the Monday of your cooking week. After cooking, your group will portion out meals in individual to-go containers and label them with the contents and date. Labels are provided by the House and groups are asked to bring the to-go containers.

## LUNCH MONDAY - FRIDAY 9:30 AM - 11:30 AM



Provide items for a basic bag lunch: a sandwich, bag of chips, fruit, dessert, and water or juice. Volunteers provide the ingredients, paper bags, plastic sandwich bags, and condiments. Groups prepare 50 lunches.

## BREAKFAST

### WEEKENDS ONLY 8:30 AM - 10:30 AM



Follow basic protocols for dinner preparation (above).

## BAKING WITH LOVE

### ANY DAY

### 9:30 AM - 11:30 AM OR 12:00 PM - 2:00 PM

Volunteers select their own recipes and provide ingredients for cookies, brownies, muffins, or cakes. Please bring plastic sandwich bags to portion items.

CLICK TO SIGN UP FOR MEALS

<https://vhub.at/mealsandbaking>