



Freezer Meals Program

Introduction to Freezer Meals

Thank you for helping the families that call Ronald McDonald House Charities in Omaha a home away from home! As we prepare to welcome more families than ever before into the House, we are looking for new ways to support and care for them.



A particular challenge is expanding our Meals That Heal program. Our sister program Freezer Meals will help to fill our calendar when we have a cancellation, or don't have a dinner group scheduled to cook. There are two ways in which you can participate in this program:

- 1) You purchase ingredients and disposable pans and come to the House to prepare a casserole or meal that can be frozen,
- 2) You purchase ingredients and disposable pans and utilize a commercial kitchen outside of RMHC to cook the meals and deliver them to the House.

Getting started



Get a group of up to 10 volunteers together and call or email Laurie Cope to schedule a date. lcope@rmhcomaha.org (402) 346-9377 ext. 122

Planning what to make

The Freezer Meals program is designed with ease in mind. On days that we don't have a dinner group, we want to have meals available from the freezer ready to heat and serve. Casseroles are always great options for freezing.

For some great ideas check out the collection of recipes found on the Taste of Home website:

<https://www.tasteofhome.com/collection/freezer-meal-recipes/>



What to bring

Groups are required to provide the necessary ingredients for what they will be preparing as well as aluminum/disposable pans. We have plenty of kitchen equipment but if you need something specific, check with Laurie Cope to see if you will need to bring it with you.

Where to leave freezer meals



We have a large freezer in our General Pantry in the basement where we house the freezer meals. Please ask staff to add yours to the freezer after it has been covered with plastic wrap and aluminum foil. Also, please mark the meals as to the contents and the date.

Clean-up



Please be sure to wash all cookware, utensils, dishes, pots and pans in the dishwashers (there are three of them), Nothing must be washed solely by hand. Please remember to take out the garbage. The dumpster is in the driveway out front. A staff member will take care of the items in the dishwasher once they're washed.

Be healthy

For the safety of our children with severely compromised immune systems, all volunteers must be healthy. Even a slight fever, cough or cold could have serious consequences for our pediatric patients. All food must be prepared on site unless it comes directly from a restaurant or licensed kitchen. The House must be in compliance with the Health Department's Nebraska Food Code.

Thank you!



Your generosity and willingness to serve means more than you'll ever know.