

meals that heal



The kitchen is the heart and soul of any home; a place where families congregate at the end of the day to share laughs, tears, and love over a meal. A place that inspires healing. That is absolutely no exception in our House.

What is it?

At RMHC, Meals That Heal is the cornerstone of our House program, relying completely on people within the community to keep it up and running. As a Meals That Heal volunteer, you provide so much more than just food: you provide families with time to decompress with others after a tough day at the hospital, with the comfort and warmth of a home-cooked meal and conversation shared with families and members of the Omaha community. You provide them with extra support during some of their most challenging times.

Who volunteers?

Families, groups of friends, university and high school student groups, businesses, churches, and civic organizations alike volunteer to provide a meal for our families. We only ask that during flu season (November 1 – April 1) all volunteers be over the age of 18.

How does it work? What do we cook?

With our Meals That Heals program, volunteers have a few options to get involved:

Cook in Our Kitchen: Meals That Heal volunteers work as a group (size subject to change) to plan menus, purchase ingredients and prepare meals in our House's fully-equipped kitchen. All food must be prepared in our kitchen or brought directly from a commercial kitchen, with the exception of prepared food from a grocery store. We are not able to serve par-baked or pre-prepared food. For other FAQs please read through our Meals That Heal Information Sheet, found at www.rmhcomaha.org.

Meal Delivery: With our Meals That Heal Curbside program, you can provide an evening meal for all the families at our House without ever leaving your own, all while supporting local businesses. You may contact any restaurant or catering service of your choice, place an order, and have it delivered to the House on the date you have coordinated.

Prepare a Freezer Meal: Not available to prepare dinner? No worries! We have the Freezer Meals program. 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.

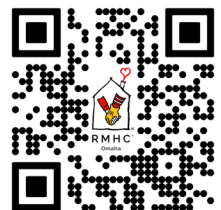
Sponsorship Opportunities

Would your company like to sponsor our Meals That Heal program? Your company has the opportunity to have brand placement on a barstool for one year in the House kitchen and will support program needs such as coordination, kitchen supplies, and Freezer Meal supplementation.

Thank you for supporting RMHC families and providing Meals That Heal. If you have questions, please reach out to Steve Milliken at smilliken@rmhcomaha.org or 402-346-9377.



Photo Captions: (1) Holland Basham Architects cooking breakfast for dinner. (2) The Hausmann Construction team came in to cook enchiladas. (3) Lauren and Leslie from Tekbrands cooking tacos for our families.



how to: meals that heal



Thank you for your interest in providing a meal at the House! Most of our families' days are spent at the hospital where they may not have a variety of options for dining. A hot, home-cooked meal waiting for them at the end of a stressful day means so much.

This flyer will provide a few details you will need to know before you arrive.

Volunteer Policies

- Any volunteers under the age of 18 must be accompanied by an adult at all times.
- Groups sizes may be limited. Please confirm number of volunteers when booking your Meal date.
- If a member of your group is not feeling well, please have them stay home. Many of our pediatric patients are immunocompromised.
- Masks are required while preparing food items.
- All volunteers must check in through the Lobbyguard and Vomo system upon arrival.

Day of Your Service

- You are welcome to come in as early as 3:00p.m. with dinner to be served at approximately 5:30pm.
- If your group would like a tour of the House, please arrive by 4:30p.m.
- Street parking available on 38th Avenue in front of Ronald McDonald House.
- RMHC has designated parking spots in lot west of the House off Jones St. Parking permits are required, please inquire upon arrival for permit use.

Planning what to make

Not sure what to make? Consider what your family enjoys, ask our team for ideas, or even check out all of the great ideas in a Google search or on Pinterest.

Food Preparation

- All food must be prepared in our kitchen, store-bought, or catered in from a professional kitchen.
- Pre-packaged foods such as fruit or veggie trays and desserts may be brought directly from the grocery store.
- We ask that your group provides all ingredients for the meal. We have select spices but not at all times.
- Beverages will be provided by the House.

Our Kitchen Appliances

Our commercial-grade kitchen is fully stocked with utensils and includes:

- 1 outdoor gas grill (please let us know if you plan to use the grill so we can check propane levels.)
- 4 range tops
- 3 double ovens
- 5 microwaves
- 4 dishwashers

Clean-up

- Please clean up all cookware and utensils used to prepare the meal. Families will clean up after themselves.
- All dishes should be placed in dishwashers.
- The dumpster for garbage is located in the driveway.

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