



Ronald McDonald
House Charities®
Atlantic

Home for Dinner Frequently Asked Questions

Why Home for Dinner?

The Ronald McDonald Family Room provides a few of the comforts of home for families with children receiving medical care at The Moncton Hospital. In this setting, we offer family-centered programs that promote healing and togetherness. One of these programs is Home for Dinner which provides families and their children a home cooked meal after a long and often stressful day at the hospital.

How many volunteers should I gather for a Home for Dinner?

Anywhere from one to eight volunteers will be comfortable preparing a meal in our Moncton Family Room kitchen.

How many people will we need to cook for?

We ask that you prepare enough for at least 20 people.

Are there allergy restrictions?

No. There are no food restrictions or allergy restrictions. However, we require a list of ingredients used to prepare the meal for families with allergies or food intolerances.

What time should we arrive and what time should the meal be ready?

We suggest that you arrive at 3 p.m. (or earlier if necessary) as the meal is served at approximately 5 p.m.

Do we need to stay and serve the meal?

No. The meal is served buffet style, as all families are not available to eat at 5 p.m.

What type of meals would you suggest?

We are open to a variety of suggestions. We do recommend comfort food that is family friendly, as well as a meal that is easy to freeze and serve as leftovers.

How far in advance do we need to notify you of the chosen meal and associated ingredients?

Please inform us as soon as possible, and no later than one (1) week in advance.

Can we cook the meal at home and drop it off?

No. Food and safety guidelines adopted by Ronald McDonald House® require all food to be prepared in our kitchen or a certified kitchen (i.e. restaurant kitchen).

Do we need to bring our own cooking supplies? No. Our kitchen is fully equipped with a variety of cooking supplies, slow cookers, utensils, pots & pans, baking pans, casserole dishes, etc. We do recommend a tour of our kitchen for anyone interested in preparing a meal so you can determine if our facilities and tools for preparing a meal will meet your needs.



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Food Safety Guidelines

Before you begin your meal, please take a few moments to not only prepare yourself, but also your surroundings by:

- Ensuring you have no cold or flu symptoms
- Tying back long hair
- Cleaning the area in which you will be cooking, as well as dining
- Washing your hands for at least 30 seconds under hot running water
- Using rubber gloves if you have a cut or sore on your hands. Rubber gloves are located under the sink in the kitchen.

As you prepare your meal, keep in mind basic food preparation ideals:

- Keep raw meats away from uncooked food. If raw meat spillage occurs on your cooking space, disinfect immediately.
- Place cutting boards in the dishwasher to thoroughly clean and sanitize them.
- No taste testing with your fingers; when you use a spoon, please only use it once.
- Remember the "Food Safety Zone": keep all cold foods below 40°F and hot foods above 140°F.
- Ensure fruits and vegetables are washed thoroughly.
- Proper cooking kills almost all dangerous microorganisms. Cook food thoroughly, and test your food before serving to make sure following temperatures are reached: **Steaks, Roasts, Chops, and Seafood-145°F , Ground Beef and Pork-155°F, Poultry-165°F, and Eggs-until yolk and white are firm-155°F/**

Some other tips:

- Dishware, silverware, utensils, and pots and pans can all be located in this kitchen.
- Please use open bottles of condiments, dressings, and cheeses before opening new ones.
- Place all leftovers, to be refrigerated or stored, in sealed containers which can be found in the kitchen cupboards. **Please clearly label contents of container with item name and date.** Do not place loosely covered glass or metal bowls in the fridge as the food easily spoils in these types of containers. Place all leftovers in the fridge.
- Hand wash dirty pots and pans, casserole dishes, frying pans, and all other larger cooking utensils.

Please help us keep our kitchen beautiful by leaving the kitchen as you found it:

- Dishes, glasses, coffee cups and cutlery should be placed in the dishwasher (located in the kitchen) to thoroughly clean and sanitize them.
- Garbage and recycling can be placed in the labeled bins and containers.



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Nutrition Guidelines

At the Moncton Ronald McDonald Family Room, we provide a home away from home for the families with children receiving medical care at the hospital. Food is an important part of making our families comfortable; it is our goal that families not only find comfort in the food we provide, but also have access to nutritious food choices during their child's stay in the hospital. To promote access to healthy food at the Moncton Family Room, please consider the following recommendations when purchasing foods.

Vegetables and Fruit

- Choose fresh or frozen vegetables as often as possible
- When purchasing canned vegetables, look for vegetables that are "reduced in sodium", "low in salt" or have "no added salt". Rinse well before using
- Choose canned fruit without added sugar, packed in water or natural fruit juice

Grains

When purchasing pasta, rice, bread, cereal, granola bars, tortillas, pitas, etc.:

- Look for the words "whole grain" or "whole wheat" in the ingredient list
- Choose cereal that has 4g of fibre or more

Dairy & Alternatives

When purchasing milk, yogurt, and alternatives:

- Choose skim, 1% or 2% milk products
- Choose milk alternatives that are fortified with calcium and vitamin D
- Choose yogurt and cheese that have reduced milk fat content

Meat & Alternatives

- Choose "lean" and "extra lean" cuts of meat
- When purchasing canned beans and lentils, choose products that are "reduced in sodium", "low in salt" or have "no added salt"
- Choose unprocessed meats as often as possible

Pre-packaged foods

Purchasing pre-packaged foods such as sauces, soups, vegetables and prepared entrees can be part of a well-balanced meal. Reading the nutrition facts label can help guide the decision making process. Here are some helpful tips for reading food labels:

Compare the % Daily Value: less than 5% is a little, more than 15% is a lot

Aim for *less* than 5% of: Aim for *more* than 15% of:

Fat Fibre

Saturated and trans fat Calcium

Sodium (salt) Iron

Vitamin A