



RMHC[®]
of the Bluegrass

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Welcome to the Ronald McDonald House Charities[®] of the Bluegrass!

Thank you for your support and for making dinner for our families.

Just a few reminders before you come to the Ronald McDonald House to prepare a meal:

- Please plan on preparing a meal for about 40 people. We would love for you to eat with us so please include yourselves. If you would like to get a more accurate head count, please call 2 days before your scheduled dinner.
- Groups can range from 2-12 people.
- Please call or email rwatson@rmhclexington.com and let us know what the menu will be 4 days ahead of time. I have included a list of dinner ideas but you are not limited to this list.
- Dinner is always served at **7:00PM**.
- We have plates and utensils so it is not necessary to bring any of these items.
- You must use the latex free gloves provided for food preparation.
- All food must be prepared in our kitchen or a commercial kitchen inspected by the Health Department.
- No alcoholic beverages are allowed on House premises.
- No proselytizing or promoting of religious or political beliefs is permitted.
- No sales or solicitation of guest families is allowed.
- Please remember that the confidentiality of Ronald McDonald House guests must be protected. Guest names, photographs or other forms of publicity may be used only with the written consent of the guests and the House management.
- Anyone under the age of 18 is considered a child. An adult representative from your group is responsible for the children in your group. No one under the age of 18 is to be left at the RMH without a parent or an adult from the group. Children under the age of 14 must be in the adult's sight at all times. Although we respect the right of parents to discipline their children as they see fit, corporal punishment (including but not limited to spanking) is not allowed on RMH property and will be regarded as abuse.

- The Ronald McDonald House Charities of the Bluegrass is not responsible for any theft, injury, illness, property damage, and debts or losses incurred during or as a result for your organization's activities.
- Please plan on cleaning up after dinner is served. By 7:45 PM most families have eaten, so leftovers may be put in the refrigerator for families that will be returning later from the hospital. Please mark the containers as to what is in them and the date.

Volunteers who prepare food at the Ronald McDonald House kitchen for guests must read and follow the Five Key Procedures to Safer Food from the World Health Organization:

1. **Keep Clean.** While most microorganisms do not cause disease, dangerous microorganisms are widely found in soil, water, animals and people. These microorganisms are carried on hands, wiping cloths, utensils, and cutting boards. The slightest contact can transfer microorganisms to food and cause food borne diseases.
 - Wash your hands before handling food and often during food preparation.
 - Wash your hands after going to the toilet.
 - Wash and sanitize all surfaces and equipment used for food preparation.
 - Protect kitchen areas and food from insects, pests and other animals.
2. **Separate Raw and Cooked.** Raw food, especially meat, poultry and seafood, and their juices, can contain dangerous microorganisms which may be transferred onto other foods during food preparation and storage.
 - Separate raw meat, poultry and seafood from other foods.
 - Use separate equipment and utensils such as knives and cutting boards for handling raw foods.
 - Store food in containers to avoid contact between raw and prepared foods.
3. **Cook Thoroughly.** Proper cooking kills almost all dangerous microorganisms. Foods that require special attention include minced meats, rolled roasts, large joints of meat and whole poultry.
 - Cook food thoroughly, especially meat, poultry, eggs and seafood.
 - Bring foods like soups and stews to boiling to make sure that they have reached 70° Celsius/158° Fahrenheit. For meat and poultry, make sure that juices are clear, not pink. Ideally, use a thermometer.
 - Reheat cooked food thoroughly.
4. **Keep Food at Safe Temperatures.** Microorganisms can multiply very quickly if food is stored at room temperature. By holding at temperatures below 5° Celsius / 40° Fahrenheit or above 60° Celsius/140° Fahrenheit, the growth of microorganisms is slowed down or stopped. Some dangerous microorganisms still grow below 5° Celsius/40° Fahrenheit.
 - Do not leave cooked food at room temperature for more than 2 hours.

- Refrigerate promptly all cooked and perishable food (preferably below 5° Celsius/40° Fahrenheit).
 - Keep cooked food hot (more than 60° Celsius/140° Fahrenheit) prior to serving.
 - Do not store food too long, even in the refrigerator or freezer.
 - Do not thaw frozen food at room temperature.
5. **Use Safe Water and Raw Materials.** Raw materials, including water and ice, may be contaminated with dangerous microorganisms and chemicals. Toxic chemicals may be formed in damaged and moldy foods. Care in selection of raw materials and simple measures such as washing and peeling may reduce the risk.
- Use safe water or treat it to make it safe.
 - Select fresh and wholesome foods.
 - Choose foods processed for safety, such as pasteurized milk.
 - Wash fruits and vegetables, especially if eaten raw.
 - Do not use food beyond its expiration date.

Gordon Food Service (GFS), 1856 Plaudit Place in Hamburg, will give the House a credit for any food purchased for use at the Ronald McDonald House. A scan card is attached for your use in identifying purchases.

Thank you for volunteering with the Ronald McDonald House Charities of the Bluegrass. You help make a difference in the lives of our families!

Reuben Watson



Volunteer & Guest Services Manager
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RMHC Meal Suggestions:

Breakfast and Brunch ideas:

Casseroles
Eggs
Bacon or Sausage
Pancakes
Bagels and Cream Cheese
Muffins
Fruit Salad
Danishes
French toast

Meat dish ideas:

Beef and noodles/stroganoff
Sloppy Joes
BBQ beef or chicken
Stir-fry
Chili
Lasagna
Sub sandwiches or sandwich bar
Beef stew
Baked ham, turkey, pork or chicken
Pizza with different toppings

Vegetable and vegetarian dish ideas:

Fresh vegetables with or without sauces or butter
Veggie casserole (i.e. green bean or broccoli cheese)
Veggie stir-fry
Veggie pizza
Homemade soups
Salad
Coleslaw

Side/Starch ideas:

Any kind of potatoes
Baked potato bar with different toppings
Stuffing
Macaroni and cheese
Rice or rice pilaf
Potato or macaroni salad
Chips and salsa
Bread/rolls

View www.bigrecipes.com for more ideas!

Partnership in Savings Card Application

Customer ID : 002297267

Sign Up Date : 03/19/08

Store : 523

Business Name: RONALD MCDONALD HOUSE

Business Address: 1300 SPORTS CENTER

Business Address:

City/State/Zip: LEXINGTON KY 40502

Business Phone: (859) 268-0757

Tax Exempt: No

Tax ID:

Expires:

Contact: SARAH WARNER

Classification: General Business

Entered by: ELISABETH R WYN



Marketplace

Partnership in Savings

Rebate Customer

002297267



RONALD MCDONALD HOUSE



Marketplace

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