

# Welcome



TO THE RONALD MCDONALD HOUSE CHARITIES® OF THE BLUEGRASS

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

## WHAT YOU NEED TO KNOW:

- ♥ Plan on preparing a meal for about 50 people. We'd love for you to eat with us so please include yourselves. Please call 2 days before your scheduled dinner for most accurate head count.
- ♥ Cooking groups can range from 2-12 people.
- ♥ Call or email [jpyatte@rmhclexington.com](mailto:jpyatte@rmhclexington.com) and let us know what the menu will be 4 days ahead of time. We have included a list of dinner ideas for inspiration.
- ♥ Dinner is served at 7:00 pm. The kitchen will be reserved for you from 5pm-9pm to ensure time for preparation and clean up.
- ♥ We have plates and utensils provided here at the House.
- ♥ You must use the latex free gloves provided for food preparation.
- ♥ All food must be prepared in our kitchen or purchased from a commercial kitchen inspected by the Health Department.
- ♥ Please plan on cleaning up after dinner is served. By 7:45 pm most families have eaten. Please place leftovers in the refrigerator for families that will return later from the hospital. Label the containers with the date and item.
- ♥ You must abide by the 5 Key Procedures to Safer Food.

# 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 & 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 degrees Celsius/158 degrees 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 degrees Celsius/40 degrees Fahrenheit or above 60 degrees Celsius/140 degrees Fahrenheit, the growth of microorganisms is slowed down or stopped. Some dangerous microorganisms still grow below 5 degrees Celsius/40 degrees Fahrenheit.

- Do not leave cooked food at room temperature for more than 2 hours.
- Refrigerate promptly all cooked and perishable food (preferably below 5 degrees Celsius/40 degrees Fahrenheit).
- Keep cooked food hot (more than 60 degrees Celsius/140 degrees Fahrenheit) prior to serving.
- Do not store food too long, even in 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.



# Ronald McDonald House Policies

- ▲ 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 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 supervision of all children in your group. No one under the age of 18 is to be left at RMH without a parent or adult to supervise. Children under the age of 14 must be in 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, debt or loss incurred during or as a result for your organization's activities.

*Connect with us on social!*

Share photos of your group and your volunteer experience at RMH. We want to see and share on our RMHC platforms so don't forget to tag us!



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