



"Love Served Daily" Guest Chef Program Guidelines

Thank you for your interest in preparing a home cooked meal for our families! By volunteering as a Guest Chef, you will help relieve one worry for our families during their stay by providing a home-cooked meal or weekend breakfast. We have put together the following guidelines to ensure an enjoyable and successful volunteer experience.

Guidelines and Helpful Hints

- Meals must be prepared on-site unless they are commercially prepared and delivered.
- Dinners are served by 6 pm buffet style. Breakfast is served by 9 am on Saturday and Sunday.
- We recommend Guest Chefs arrive between 4:00 pm and 4:30 pm if preparing dinner, or 8 am if preparing breakfast. You are welcome to arrive earlier to prepare dinner dishes that need more time, please contact the House Manager to make such arrangements.
- Participants create their own group of up to 8 volunteers, including chaperones. If you are planning a larger group, you can contact the House Manager to make arrangements.
- Groups should supply enough food to serve 15 people but understand this is strictly an estimate. Not all families will be able to make it to the House in time for your serving, but they will be searching for leftovers when they return after a long day at the hospital. Rest assured that whether the food is eaten at the time of the meal, taken to-go or warmed up for leftovers later, it is very much appreciated.
- When you select your menu, notify the House Manager, at least 7 days in advance, to avoid preparing a duplicate dinner. Please keep in mind that the majority of guests are adults.
- Our kitchen is well equipped with cookware to prepare and serve your meal. Guest Chefs are responsible for bringing the primary ingredients for their meals, however RMH has some staple ingredients available, such as milk, eggs and spices, that Guest Chefs may use. Contact the House Manager at least 7 days in advance if you would like to know what is in stock.
- Beverages are supplied by the House and dessert is optional.
- Alcohol is not allowed at the House. Reduced cooking wines, such as sherry, are an exception.

Health and Safety

- When you arrive, please ring the doorbell at the entrance under the carport.
- For the health and safety of our families, participants of this program should be healthy when entering the House: free from fever, cough or colds, or stomach virus symptoms.
- Food Safety is especially important for the families staying at the Ronald McDonald House. Children with weakened immune systems are more at risk to infections brought on by disease-causing bacteria that contaminates food. To avoid this, we must be especially cautious when handling, preparing and transporting food. Please keep hot foods hot, cold food colds, and take special precautions to avoid cross-contamination.
- Frequent handwashing is encouraged and should be part of the food preparation process.
- Gloves are available and are required when handling ready to eat food.

Health and Safety continued

- All cooking items need to be placed in the dishwasher.
- All kitchen surfaces must be disinfected before and after food preparation. Cleaning supplies are available at the House.

Scheduling Your Meal

- New participants must complete the application packet found on the Guest Chef page of our website.
- Once your application has been approved, you are welcome to select a date to cook.
- Review our online calendar for available dates at www.rmhcmaine.org, hover over the “Volunteer” dropdown, select “Volunteer Opportunities”, click on the image of the Bangor House, select “Guest Chef Volunteers” and then “Find an Open Date” button.
- Please contact the Bangor House Manager at hmbangor@rmhcmaine.org or by phone (207) 942-9003, with any additional questions and to reserve your meal date(s).

Meal Suggestions

Need some ideas on what to plan for dinner? Spaghetti and lasagna dishes are served frequently; however, if pasta is your specialty please include a side of protein like meatballs, chicken parmigiana, or sausage. You may use any of the following ideas or feel free to prepare something you don't see on the list. Salads are **NOT** a popular item and do not keep well as leftovers. We recommend vegetables as side dishes instead of salads.

Beef Meals: Beef Stew, Beef Tips and Gravy, Pot Roast, Stir-Fry Beef

Chicken Meals: Barbeque Chicken, Chicken Cacciatore, Chicken Fajitas, Chicken Parmesan, Lemon Chicken, Sweet & Sour Chicken, Stir-Fry Chicken

Hamburger Meals: Chili, Goulash, Meat Loaf, Sloppy Joes, Swedish Meatballs

Holiday Meals: Turkey Dinner, Roast Beef Dinner, Baked Ham Dinner, Corned Beef & Cabbage

Pasta Sides: Stuffed Shells, Fettuccini Alfredo, Baked Macaroni and Cheese

Side Dishes: Baked/Mashed Potatoes, Rice, Egg Noodles, French Fries, Pasta Salad, Potato Salad

Veggies: Broccoli, Corn on the Cob, Green Bean Casserole, Peas or Raw Veggies with Dip

Thank you for supporting the children and families we serve!

