



**Greetings from The Ronald McDonald House of Tallahassee:**

It is the comfort of a nutritious meal at the end of a stressful day that makes a difference for the families that stay with us here at The Ronald McDonald House of Tallahassee. These families are far away from their homes as they seek medical care for their child at one of our local hospitals and this small comfort is one way we can make their day easier.

You can help us support these families by joining our Meal of the Month Program.

The Ronald McDonald House is currently seeking groups and individuals in the community to provide one meal per month for our families as they go through this tough time.

There are a couple ways you can help.

- 1) Provide a meal from a restaurant or grocery store or prepare a meal here at the House.
- 2) Provide a gift card to a local grocery store or restaurant for our volunteers to prepare a meal.

We ask that each meal feed 10 to 15 people and include an entrée, salad or vegetable, and a dessert.

One meal a month is a small price to pay for the enormous joy it extends to our House and the families that gather together here for solace and comfort.

If you would like to participate in our Meal of the Month Program or if you have any questions, please contact:

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Ronald McDonald House of Tallahassee  
712 East 7<sup>th</sup> Avenue Tallahassee, FL 32303  
Phone: (850) 222-1706 Fax: (850) 222-0086  
Email: [thartsfield@rmhctallahassee.org](mailto:thartsfield@rmhctallahassee.org)

Thank you for supporting "The House that Love Built..."

## Meal of the Month Program Guidelines:

Each volunteer organization or individual agrees to provide one meal per month, on the available day of choice for the families at The Ronald McDonald House of Tallahassee.

Each meal should be prepared by a licensed retail food establishment (restaurant, deli or grocery store). Or prepared here at the Ronald McDonald House. Limit participation to 5 volunteers.

Meals should be ready or delivered by 6:00 p.m.

Each meal should include an entrée, salad or vegetable, and desert. Foods that can easily be reheated and stored are appreciated.

Meals should be prepared for between 10-15 people unless otherwise specified.

**Considering the size of our kitchen, we request a maximum of 5 volunteers participating at each event.**

## Meal of the Month Sign Up Sheet

\_\_\_\_\_  
Name or Organization

\_\_\_\_\_  
Contact Person & Phone Number

\_\_\_\_\_  
Email address

\_\_\_\_\_  
Mailing address

Day of the Month Desired (i.e.-second Friday of each month)

First choice \_\_\_\_\_

Second choice \_\_\_\_\_

Special occasion \_\_\_\_\_

Please let us know if you would like to participate on a regular basis.

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