



Meal Teams in Chapel Hill

Providing a meal is a wonderful way to share comfort with families as they care for a seriously ill child. It also removes a heavy burden from parents so they can focus on their child's care and wellbeing instead of the logistics of another meal for the family.

GROUP SIZE AND AGE



- Groups of up to 10 volunteers, available in the late afternoon.
- Groups plan meals and purchase ingredients ahead of time. Plan to cook for about 50 guests. We ask that groups share their menu ahead of time so that we can avoid duplicate menus during the week. We welcome your creativity in menu selection and we only ask that it is a complete meal.
- All volunteers must be age 13 or older. Teenage volunteers must be accompanied by an adult at all times, and there needs to be a 3:1 teen to adult ratio.
- Please keep in mind that we serve medically fragile patients and their families. If you are sick, please stay home.



WHAT TO EXPECT

- Volunteers stay in the kitchen and dining room area.
- Volunteers wash hands regularly and wear gloves while preparing food. We encourage changing gloves often. Groups are encouraged to bring their own gloves.
- To meet safety standards, all food must be prepared in the RMH kitchen or in a USDA inspected kitchen.
- To-go boxes are provided and must be labeled with contents and dated, and we encourage pre-printing labels to save time. Volunteers will not directly serve food to guests.
- Groups are required to clean kitchen and any items used. We ask that volunteers sanitize any areas that have been touched during meal prep.



MEAL TIME

- Dinner is served 7 days a week. Visit our website to view open meal dates and email Nikki if you would like to reserve a day.
- Groups arrive between 3-3:30PM. The meal should be ready at 5:30PM.
- Our kitchen is equipped with 2 stoves/ovens, 2 dishwashers, 2 sinks, and plenty of counter space with a generous assortment of pots, pans, and other cooking utensils
- Volunteers may leave after the kitchen has been cleaned. Guests will not have full access to the kitchen until the space has been cleaned and sanitized and volunteers have left.



Contact Nikki@RMHCTriangle.org or visit RMHCTriangle.org/meal-teams to learn more!