

# Meals of Love



## **What is Meals of Love?**

The families staying at the House are often far away from family and other support systems that would help them through a difficult time. Meals of Love is an opportunity for individuals and groups to get involved with the Pasadena Ronald McDonald House by providing a home cooked meal for the children and families staying at the House. Our “Meals of Love” dates and sponsoring groups are always posted on our House Calendar for our families to see. To check availability, visit [www.pasadenarmh.org](http://www.pasadenarmh.org) and click Events, then click on our Calendar. Meals are listed in blue.

## **How many people should we prepare for?**

**Please prepare food for 15 –20 people** with a main course, side dishes and desserts. Fresh fruit is always welcome. You may also bring beverages; individual servings of beverages are helpful – like juice boxes and canned drinks, (larger sized beverages are more difficult to store once opened). **Please bring a roll of paper towels and napkins.** If you want to bring plates and plastic ware, it would be greatly appreciated. By regulation **NO ALCOHOL** is allowed on the property. You are invited to prepare enough so that your group can join the families for dinner.

However, please note that on any given day there might not be many people at the House during dinnertime, but be assured that our guests appreciate your food. After spending another day at the hospital, knowing that your meal is waiting is a great blessing. Leftovers will be placed in the refrigerator for families to enjoy. Many families also bring leftovers to the hospital the next day.

## **What types of meals are needed?**

Breakfast, lunch and dinner meals are always needed. Additionally, we’d love to have a B-B-Q, or other special meal. Since holidays are a particularly difficult time for our families, a “Meal of Love” on or around a holiday would be especially appreciated. Be creative and understand that families enjoy a change of pace.

## **What time is dinner?**

Dinner is at 6:00 pm. Please plan accordingly so it is ready on time. You may arrive as early as you think necessary; anywhere from 4:30-5:00 is usually sufficient.

## **Is it required to cook on-site?**

We are unable to receive food prepared at home. Please purchase all ingredients for your meal. The kitchen is equipped with pots, bake ware, and cooking utensils. Cooking on-site is a little more “up close and personal” and the families enjoy meeting and thanking the cooks.

## **Can we bring food from a retail food establishment?**

Yes, you may bring food that was purchased off site from a bakery, restaurant, etc. Please include heating instructions when dropping the food off at the House.

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When you arrive, please ask the Manager on duty where you can sign in and get started. We need you to write in the TOTAL hours spent on the project (shopping, cooking, delivery, etc.) and number of people who worked on it (please include yourself in that number). This information goes towards our monthly data for volunteers.

On behalf of all of everyone at The Pasadena Ronald McDonald House, we want to thank you for sharing your time and generosity with our families and guests.

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