



MEALS FROM THE HEART



1001 8TH AVE., FORT WORTH, TX 76104 | RMHFW.ORG | 817-870-4942

EXPERIENCE OUR MISSION

If giving back is your passion, you must experience our Meals from the Heart program and the Ronald McDonald House of Fort Worth mission!

Under the guidance of our professional Chef, join us in our kitchen and make a difference by providing, preparing, and serving a delicious meal to guest families in our Family Dining Room.

Please expect to be with us for up to three hours, which includes food prep, serving, eating, and cleanup.

WEEKDAY LUNCH Noon 12 PM	DINNER 6 PM	WEEKEND BRUNCH 11 AM
<ul style="list-style-type: none">Serving Time: 12 p.m.Time Commitment: 10 a.m. – 1 p.m.	<ul style="list-style-type: none">Serving Time: 6 p.m.Time Commitment: 4 – 7 p.m.	<ul style="list-style-type: none">Serving Time: 10 a.m.Time Commitment: 9 a.m. – 12 p.m.

This experience is great for team building with coworkers, school groups (ages 16+), church or civic groups, birthday and anniversary celebrations, or any group of up to 12 people!



BOOKING A MEAL DATE



Each group participating in Meals from the Heart makes a tax-deductible donation to our House to help provide the meal and support the program.

Here's How It Works:

1. View the open meal dates on the calendar via the QR code above.
2. Contact the Volunteer Services Manager at 817.820.8934 or tonja.sparks@rmhfw.org to book your group on an open meal date. A payment link will be provided upon confirming a meal date.
3. **When booking your preferred date, payment via credit card, PayPal or electronic funds transfer (EFT) will be due.** The donation amounts are as follows:
 - \$350 for weekday lunch
 - \$400 for weekend brunch
 - \$450 for all dinners

CANCELLATION POLICY

Our Volunteer Services Manager must be notified directly to cancel a reservation **no less than two weeks** before your reserved meal date.

Please Note: we cannot refund your donation if you cancel your meal service. However, we can provide a one-time reschedule of your group for a later date if more than two weeks cancellation notice is given.

Otherwise, RMHFW will ensure your gift provides a warm meal for healing children and weary parents on the scheduled meal date and time.

VOLUNTEER GUIDANCE

We are ecstatic for you to become a Meals from the Heart volunteer! It's an impactful way to give back to our community and experience our mission!

Families staying at RMHFW find comfort in knowing they will have a home-cooked meal daily, helping them rest and recharge after a long day at the hospital.

For the safety of our guest families and volunteers, please review our Health and Safety Procedures below.



VOLUNTEER HEALTH/ SAFETY

1. All volunteers 18 and older must present a valid Driver's license at check-in.
2. Please stay home if you are sick. Volunteers with communicable diseases (COVID-19, common cold, recent exposure to chicken pox, flu-like symptoms, etc.) may not be part of the cooking group due to the compromised immune systems of so many of our guest families' children.
3. Volunteers must dress appropriately!
 - a. Closed-toe shoes are required.
 - b. Casual work clothes that are comfortable and practical.
 - c. No shorts, tank tops, graphic language, or flip-flops.
4. There is no smoking, vaping and tobacco use permitted on RMHFW property.

FOOD SAFETY

1. All food served to our families must be prepared in our kitchen.
2. Hand washing is essential and required!
3. All volunteers must wear gloves while preparing, cooking, and serving food.
4. All members of the cooking group must wear an apron. Aprons are provided.
5. If volunteers have hair that goes past their shoulders, it should be tied back.
6. Our cooking groups should feel at home in our fabulous kitchen, but it is essential that volunteer cooks NOT sample the foods or lick their fingers while preparing food.

RESPECT FAMILIES' PRIVACY

Volunteers may not discuss religious, political, or racial views with families. The Ronald McDonald House is not a faith-based organization. Guest families come from diverse backgrounds and beliefs.

- **DO** show concern and compassion.
- **DON'T** ask for details of the family's story.
- **DO** tell a family you will be thinking of them.
- **DON'T** try to facilitate a prayer service at the House or solicit prayer requests.
- **DO** carefully consider these guidelines to ensure that our mission and your mission are compatible.

THANK YOU!



**Questions? Contact: Volunteer Services
Manager Tonja Sparks at
817.820.8934 or tonja.sparks@rmhfw.org**