

JUST LIKE NAN'S BAKED GOODS PROGRAM

Ronald McDonald House Newfoundland and Labrador



RONALD McDONALD
HOUSE CHARITIES
NEWFOUNDLAND
& LABRADOR

"We enjoy baking, so to do it for such a good cause made it even more enjoyable."

- Volunteer

"The Just Like Nan's Program makes life sweeter."

-House Family



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**** This sheet must be signed by all volunteers and returned to the Development/Program Assistant before your scheduled dinner date**

To book your volunteer group, please contact Bridgette Abbott, House Operations Assistant

by (phone) 709-738-3479 or (fax) 709-747-1270 or email bridgetteabbott@rmhnl.ca

Program Information and General Guidelines

What does the Just Like Nan's Baked Goods Program entail?

Ronald McDonald House Newfoundland and Labrador provides families with a "home-away-from-home" while their sick or injured child receives medical attention in St. John's.

The Just Like Nan's Baked Goods Program is an opportunity to help alleviate stress for families coping with a child's illness by providing comforting treats. Imagine a long day at the hospital with your sick child --- you are exhausted, hungry and worn out by stress and worry. Think about how much you would appreciate coming home to the comfort of a delicious fresh baked treat in the company of a special community of caring families. Groups are invited to come and bake treats of their choice for the families staying at Ronald McDonald House Newfoundland and Labrador.

Our Program at a Glance

How many volunteers do we need?	Maximum of 6-8 volunteers.
How many people are we baking for?	15 families, which is 35-40 people.
When can do we this?	We do this program every day of the week.
What time do we arrive?	We like to schedule the Just Like Nan's Program outside of mealtimes. Ideal times to come in and bake would be 6am, 10am, 2pm and 7pm.
Can we prepare breakfast?	We now have the option to come in and prepare breakfast items that the families can take with them when they leave Our House in the morning. This program involves having the treats prepared, packaged and ready to go for families by 8:00am. We suggest coming in at 6am to begin preparation.
What can we bake?	This is up to you but has to be approved by the Development/Program Assistant ahead of time. See Page 4 for ideas.
What do we bring?	All the ingredients required for your treats. Our Kitchen has all the cook wear and utensils you need. We also have some staple items in our pantry.
Do we help clean up?	We appreciate help with the cleanup but there is no obligation.



If you have any further questions about the program, please see page 3 of this brochure for our Frequently Asked Questions, or contact our Development/Program Assistant.

Frequently Asked Questions

Is there any training involved in volunteering for the Just Like Nan's Baked Goods Program?

For comfort and ease around the kitchen, we will ask to meet with one representative from your group before your scheduled date. They can then share information from that meeting to all attendees.

Are there any limitations to what we can prepare?

Please ensure that the meal does not contain any nuts (peanuts or other). *Due to the fact that the children staying at the House may have compromised immune systems, all food must be prepared onsite or purchased from a commercial establishment.*

Food that can be easily stored and reheated is ideal. To accommodate nursing mothers and young children, it is best to avoid spicy treats. Ronald McDonald House is a communal-living environment it is difficult to track allergies due to the ever changing family dynamics. It is a good idea to bring a list of ingredients in your meal so families can answer any questions they may have regarding food allergies. You can post them in the kitchen with your group's name and the meal you are serving. Also, we would like to keep Our House as scent free as possible.

Do we need to buy our own groceries?

Yes. We appreciate your donation of time and food for the meal. Sometimes we may have ingredients in our pantry which you are welcome to use as well please check with us prior to your scheduled date.

Can we solicit food donations on behalf of Ronald McDonald House?

We ask that volunteers and volunteer groups not solicit food donations outside of their own group. If you would like more information on fundraising opportunities to support House Operations please let us know.

Can we bring alcohol to serve or to use in cooking?

No. Alcohol cannot be brought to Our House at any time. It cannot be used as an ingredient in your food preparation.

Can the children staying at Ronald McDonald House participate in the program with us?

Children can certainly assist with the programs but please note that you cannot supervise or care for children in the absence of a parent or guardian.

Where do we park?


Parking is limited at Ronald McDonald House, we highly recommend that you car pool. We do have four temporary passes for the Eastern Health parking lot behind Our House, but space is not guaranteed. We have more information on parking, including a map on the page 7 and 9 of this brochure.

Should we remove our Outdoor footwear?

Ronald McDonald House is like your own home. We kindly ask you to remove your outdoor footwear from November to May before entering the main part of the house. During those months please bring indoor footwear to wear in our kitchen.

Menu Suggestions

Please bring a list of the ingredients in your meal so that families can answer any questions they may have regarding food allergies.

<p>Most Often Served:</p> <ul style="list-style-type: none"> ➤ Cupcakes ➤ Brownies 	<p>Most Often Enjoyed:</p> <ul style="list-style-type: none"> ➤ Chocolate Chip Cookies ➤ Homemade Bread ➤ Rice Krispy Treats
<p>Cookies</p> <ul style="list-style-type: none"> ➤ Chocolate Chip Cookies ➤ Biscotti ➤ Gingerbread Cookies ➤ Shortbread Cookies ➤ Oatmeal Cookies ➤ Sugar cookies 	<p>Breads and Loaves</p> <ul style="list-style-type: none"> ➤ Homemade Bread (White or Whole Wheat) ➤ Banana Bread ➤ Cinnamon Rolls ➤ Tea Buns ➤ Scones ➤ Lemon Loaf
<p>Cakes and Cupcakes</p> <ul style="list-style-type: none"> ➤ Cake/Cupcakes ➤ Coffee Cake ➤ Pound Cake ➤ Shortcake ➤ Brownies ➤ Cheesecakes ➤ Blondies 	<p>Muffins</p> <ul style="list-style-type: none"> ➤ Chocolate Chip Muffins ➤ Bran Muffins ➤ Blueberry Muffins ➤ Carrot Muffins ➤ Cinnamon Muffins ➤ Chocolate Muffins ➤ Black Bottom Muffins
<p>Non Bake</p> <ul style="list-style-type: none"> ➤ Rice Krispy Treats ➤ Nanaimo Squares ➤ Snowballs ➤ Rocky Road 	<p>Pastries and Crumbles</p> <ul style="list-style-type: none"> ➤ Apple Crumble ➤ Fruit Pies ➤ Lemon Meringue Pie ➤ Fruit Tarts
	<p>Breakfast Items</p> <ul style="list-style-type: none"> ➤ Muffins – Blueberry, Carrot, Banana, Chocolate, Bran, etc. ➤ Donuts / Danish ➤ Tea Buns/Biscuits/Scones ➤ Turnovers – Apple, Ham & Cheese, Peach, etc. ➤ Croissants – Butter, Cheese, Chocolate ➤ Granola Bars ➤ Pancake Muffins ➤ Breakfast Sandwiches ➤ Breakfast Burritos ➤ Breakfast Taquitos ➤ Fruit Quesadillas ➤ Fruit & Toast Kebabs ➤ Breakfast Roll Ups

- Omelette Wraps
- Ham & Egg Sandwiches
- Egg & Cheese Frittata
- Bologna Egg Cups
- Oatmeal Squares
- Shakes/Smoothies

Health and Safety

Please make sure each person in your group reads the following guidelines very carefully. Many of our children have a low tolerance for germs and bacteria; it is very important that everyone understands and follows these guidelines. Thank you.

Wash hands often and well: Clean hands are the most important food safety tool.

Never touch ready-to-eat food with bare hands: Please use serving utensils to handle food and wear gloves (provided by RMH) when doing food prep at Our House. We also have aprons and hairnets available for use.

Important Rules for Using Gloves

- Wash hands before and after using gloves
- Change gloves that get ripped or contaminated
- Change gloves between working with raw and ready-to-eat foods
- Never wash or reuse gloves, please throw gloves away after each use

Please clean and sanitize all food preparation surfaces:

- Before using, in between preparation of different food items and during final clean-up
- Use the cleaners provided and paper towels to clean work surfaces, serving counters, and dining tables. First clean the surface with multipurpose cleaner, then sanitize with a Lysol wipes and rinse.

Washing dishes in the dishwashers/sanitizers

- Wash all dishes by hand to remove any food
- Dishes MUST go in one of our three dishwashers/sanitizers
- To run the dishwashers/sanitizers, do not add any detergent, just close the door. The cycle takes approximately 3 minutes.



KITCHEN PROGRAM

MUST BE SUBMITTED BEFORE SCHEDULED DATE

Group Name: _____

Full Mailing Address: _____

City, Province: _____ Postal Code: _____

Main Contact Name: _____ Phone #: _____

Main Contact Email: _____

Thank you for your participation in our Home for Dinner Program. Please know it is greatly appreciated by the families staying at Our House. Many of the children staying at Ronald McDonald House may have compromised immune systems. As such, we ask that you please note the following guidelines Our House has in place for their protection. We appreciate your understanding in helping to protect the health of the children staying at Our House.

- 1) If you or any member of your group has been exposed to chicken pox, measles, tuberculosis or shingles within three weeks prior to our visit, or if yourself or any member has a cough, cold, influenza, sore throat, fever, runny nose, diarrhea, or vomiting we respectfully ask that you not participate at this time.
- 2) All food must be prepared onsite or purchased from a commercial establishment.
- 3) If you bring youth under the age of 18 to assist you, it is your responsibility to supervise them while they are in Our House.
- 4) Parking is limited at Ronald McDonald House, we highly recommend that you car pool. **(See second sheet for further instructions.)**
- 5) A staff member or volunteer will help you get gloves to wear which are required to be worn while working in the kitchen. Aprons and hairnets are also available.
- 6) Ronald McDonald House is like your own home. From November to May we kindly ask you to remove your outdoor footwear before entering the main part of the house. Please bring indoor shoes to wear in our kitchen.
- 7) The maximum number for a group is 8 people

Please note that everyone coming in to prepare food at Ronald McDonald House MUST review this sheet and sign off on it.

Name: *Please print clearly.*

Signature:

If you have any questions or comments please contact Bridgette Abbott, House Operations Assistant.

Please return completed form to Bridgette Abbott. Contact information is as follows:

Email: bridgetteabbott@rmhnl.ca Phone: 709-738-3479 Fax: 709-747-1270



Parking Options at Ronald McDonald House NL:

- 1) Please park in **Eastern Health Main Visitor Lot**. Take a ticket as you enter the lot as you normally would if you were going to pay for the parking. When you to come RMHNL, we will give you a “chaser ticket” to use. When you leave the parking lot, instead of paying you would put your original ticket in and then the chaser ticket. We encourage you to use one of their two cross walks.
- 2) You can park behind Our House in **RMH Parking**. This area does not require a permit.
- 3) **Eastern Health 9G**: We no longer have permits for this parking lot. Parking is only available after 5 pm on Fridays and before 8am on Mondays. Parking in this lot outside of this time frame will most likely result in a ticket.

We are concerned for your safety, if you do park behind Our House please do not walk down over the bank on the side of the house. You can use the intercom at our back door to gain entry to the house.