

Meals from the Heart

What to Expect

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About

Cook together. Care together. Meals from the Heart is a weekend volunteer opportunity for friends, families, or co-workers who love to cook and want to give back. Your group plans, purchases, and prepares a home-cooked meal in the Ronald McDonald House kitchen for families staying with us—making this both a volunteer experience and a meaningful in-kind donation.

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Quick Facts

When: Weekends only

Dinner service: 5:00–6:00 p.m.

Time needed: Plan for 2.5 hours total

Group size: Up to 6 volunteers

Ages: Participants must be 16+; groups with 16–17-year-olds must include at least one adult (18+)

Where: Our in-House kitchen

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How it Works

Plan your menu.

Choose a balanced, family-friendly meal that can be served between 5:00–6:00 p.m.

Purchase your ingredients.

Bring everything needed for your recipes.

Arrive and get oriented.

Build in enough time so you have 2.5 hours for prep, cooking, packaging, and clean-up.

Cook on-site with our equipment.

Our kitchens are fully stocked with standard tools and supplies.

Serve (or portion) dinner 5:00–6:00 p.m.

Help plate or package as needed, then tidy your station.

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What We Provide

- Fully equipped, in-House kitchen (standard tools, utensils, and cookware)
- Cooking tools and supplies (pans, pots, utensils, measuring tools, etc.)
- Optional access to our outdoor grill (weather permitting)

What You Bring

- All ingredients for your menu (proteins, produce, pantry items, spices, oils, etc.)
- Any specialty items unique to your recipes



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with any questions