

# Meals from the Heart

## What to Expect

1

### 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.

2

### 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

3

### 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.**

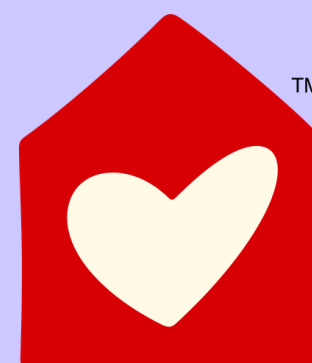
4

### 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



**Ronald  
McDonald  
House**  
Central PA



Contact Alyssa Noel, Volunteer & Operations Manager,

at [anoel@RonaldMcDonaldHouseCentralPA.org](mailto:anoel@RonaldMcDonaldHouseCentralPA.org) or 717-533-4001 ext. 158 with any questions