



Meals of Love Guidelines

- Plan to cook for approximately 15-20 people. Be sure to call RMH the day before to check for occupancy of the House. We currently have an extra supply of some condiments such as salad dressings, cooking oils, etc. When calling for meal count, please ask if we have any condiment items you may need.
- We have 3 kitchens fully equipped with pots, pans, baking sheets, and cooking utensils. We have a pantry with some cooking essentials, but ask that you bring all required ingredients. Please keep in mind you may be sharing the kitchens with our House Guest families.
- Weather permitting, we also have a grill in our Courtyard and grill utensils available for your use.
- You may provide breakfast, brunch, lunch or dinner through Meal Train on our website. If you provide brunch, please block out the breakfast and lunch schedule for that day.
- We ask that you are ready to serve breakfast at 8:00 AM, brunch at 10:00 AM, lunch at 12:00 PM, or dinner at 6:00 PM. You may arrive as early as you think is necessary.
- Please be aware that not all families show up at once to eat. Some families are unable to return to the House until much later at night. The ability to heat up leftovers at midnight and for breakfast or lunch the next day is always very appreciated.
- Sign up through our Meal Train calendar at: www.rmhcOhiovalley.org/mealsoflove. If you are with a group, organization or company please sign up under that name.
- To help other meal volunteers and families plan, please add your menu on Meal Train. If you're unsure of what you will be serving when you reserve a date, we welcome you to re-visit the website and add it once you have decided what you are going to cook.

If you have questions, don't hesitate to contact us: (812) 402-7642.

Thank you for helping us Keep Families Close!