



**Ronald
McDonald
House**[®]
Pittsburgh
Morgantown

Ronald McDonald House: Pittsburgh

Meals from the Heart



Frequently Asked Questions

What should we cook?

Please provide a complete meal with sides and a main course for families. Do you have a recipe that has been in your family for generations or are you known for a signature dish? We'd love for you to share it with us! Check out website for helpful meal inspirations! Please notify Volunteer and Outreach Coordinator when you decide on your menu (ideally one week in advance to avoid providing a duplicate dinner).

How is the meal set up?

As most families have different medical schedules, please set the meal up buffet style. Families can then make plates and eat at their convenience.

How long does a Meals from the Heart meal take?

After initial serve time, please plan to leave food out for one hour. This gives families time to work the meal into their schedules. After or during the hour, volunteers should clean up the kitchen.

Can children volunteer with my group?

Yes, children are welcome to participate but must be accompanied by adults and are considered part of the 10 individual limit for the meal program. Children must be 13 years or older to participate and must have a volunteer release waiver signed by their parent or guardian.

Can I interact with the families?

Please keep in mind that guests are presently experiencing crises in their lives. It is important to be empathetic but also consider their guests need for privacy and space.

Need to cancel but still want to help?

If an unforeseen conflict arises, you can provide a pizza or deli sandwiches instead. Please call the Volunteer and Outreach Coordinator or the front office to make arrangements. Please do not forget to include the tip for the delivery person.

For additional questions please contact:

Nya Callier

Volunteer and Outreach Coordinator

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