



— Ronald McDonald House Charities® Eastern Wisconsin —

Lunch-2-Go Program

www.RMHCHOME.org 414.475.5333

What is the Lunch-2-Go program?

The Lunch-2-Go program provides brown bag “to-go” lunches for guests of the Ronald McDonald House. The goal of the program is to eliminate both the worry and the cost of a lunch for families residing in the House. Three times a week, Lunch-2-Go volunteers prepare items that families can pack into individualized brown bag lunches and take on their way out. Lunch-2-Go options are typically available to families every Monday, Wednesday and Friday.

How can I be involved?

Lunches are prepared by volunteers on the weekend, Tuesdays, and Thursdays in order to have them stocked and ready for House guests to take them on Mondays, Wednesdays, and Fridays. This volunteer process generally involves washing and cutting fruit and vegetables, making sandwiches, and individually wrapping and labeling items. *RMHC Global Guidelines state that all food must be prepared and cooked onsite or in a commercial kitchen, so all lunches will be made in our Lunch-2-Go kitchen, located on-site at RMHC Milwaukee.*

How many people will I need?

To complete this activity you need approximately 4 to 8 volunteers. All participants must be age 14 or older. Be prepared for a two hour time commitment to prepare a Lunch-2-Go onsite. *Please note it is RMHC policy that anyone who has exhibited cold or flu-like symptoms or has been recently exposed to an infectious disease will not be permitted to enter the House.*

Are the Lunch-2-Go volunteer opportunities different depending on when my group volunteers?

The Ronald McDonald House has been awarded a generous grant through Northwestern Mutual Foundation, with which we are able to purchase all of the materials needed for preparing lunches on Tuesday and Thursday, through July 2017. If your group signs up for a Tuesday from 5:45-7:45pm, or a Thursday from 1:30-3:30 or 5:45-7:45pm, you are only responsible for preparing the Lunch-2-Go at the House. A Lunch-2-Go Leader will meet you with all of the necessary supplies. Alternatively, weekend volunteer groups purchase all of the items needed to provide 50 lunches (a sample shopping list is provided at the end of this document), and prepare the lunches at the House from 11:00am-1:00pm on either Saturdays or Sundays.

What dates/times are available?

Volunteer opportunities for the Lunch-2-Go program are available on the weekends, Tuesdays and Thursdays.

Tuesday Lunch-2-Go volunteers prepare lunches in the House from 5:45-7:45pm, and all supplies are provided for you, courtesy of Northwestern Mutual Foundation.

Thursday Lunch-2-Go volunteers can choose to prepare lunches in the House from 1:30-3:30 or 5:45-7:45pm, and all supplies are provided for you, courtesy of Northwestern Mutual Foundation. The weekend Lunch-2-Go volunteers are able to prepare lunches in the House from 11:00-1:00pm on either Saturday or Sunday. Weekend groups supply all the materials and food, and should expect a two-hour time commitment.

Due to the popularity of the Northwestern Mutual Foundation sponsored Lunch-2-Go days, groups are only able to schedule one Lunch-2-Go date per month, unless otherwise approved by RMHC.

[How do I sign up?](#)

Sign-up for the Lunch-2-Go program is done directly through the RMHC website. To sign up, follow these steps:

1. Visit our on-line [Family Meal Program Calendar](#) to find an available date. Any weekend, Tuesday, or Thursday noted as "Open" means the date is available and we are still looking for volunteers to prepare lunches on that day!
2. Once you have chosen a date, fill out the [Meal Request Form](#), available on the [RMHC website](#).
3. Submit your completed Meal Request Form and you will be contacted by the Family Meal Manager to confirm your date(s).

[On the day you are volunteering:](#)

The Ronald McDonald House address is: 8948 Watertown Plank Road, Milwaukee, WI 53226. If you are a weekend volunteer, bring all of your supplies with you to assemble at the House. You may pull your vehicle up to the main entrance. The House has a luggage cart available, and visitor parking is available in the front surface lot. Sign in at the Front Office and request to speak to the Family Meal Program Coordinator/Manager On Duty to receive direction.

You are welcome to request a tour of the main House by a volunteer. We do ask that you respect the privacy of the families staying at RMHC. Volunteers staff the front office and can answer any questions you may have about the House.

[What do I need to prepare?](#)

If you are signed up for a Tuesday or Thursday, simply arrive at the house and sign in with the front office. A Lunch-2-Go Leader will meet you to begin your session.

If you are a weekend volunteer, please use the menu below as a guide for purchasing items to create 50 lunches, but feel free to be creative and consider different dietary needs. If you have questions, please contact the Family Meal Program Coordinator.

[Sample Shopping List](#)

Bread (please consider whole grain bagels, rolls, wraps, biscuits, or croissants)
Lunch meat (please consider leaner meats)
Cheese slices
Peanut butter & jelly
Individually wrapped snacks (goldfish, pretzels, etc.)
Granola bars, cookies, brownies (store-bought or baked at RMHC)
Beverages (no soda, please)
Fruit (whole fresh fruit or fruit cups)
Veggies (carrots, peapods, celery sticks, etc.)
Ziploc bags
Paper lunch bags
Napkins
Other "to-go" options: fruit snacks, string cheese, yogurt, applesauce

[Questions?](#)

Maggie Flint
Family Meal Program Coordinator
414-935-6520
familymeals@rmhcmilwaukee.org