



Meals That Heal



Families staying at Ronald McDonald House Charities® South Central Ontario need more than a place to lay their heads while supporting their sick children. Our families need the nourishment of a nutritiously prepared meal to give them the strength and energy they need to be strong for their children.

With the financial support of our community, our Meals That Heal program offers families a home-cooked meal seven nights a week. Our in-House culinary team will prepare these dishes with the help of our very special Meals That Heal volunteers. Those interested in participating in the program will experience the tangible impact of the helping our families directly.

You can get involved by gathering a group of friends, co-workers, or family and contacting us to set a date. For those who prefer not to cook, or can't participate, our Adopt-a-Meal program is the perfect option for you.

Please note that 100% of every dollar raised goes directly to offsetting the cost of food. All financial donations to this program are eligible for a tax receipt.

What You Need to Know

- Maximum 6 people per group
- Participants must be 16 years of age or older (no exceptions)
- Program timing from 2:00 p.m. - 6:00 p.m.
- House tour included
- Dinner included for all participants
- Anyone who is suffering from a communicable illness cannot participate in this program

To sponsor or schedule a meal, please contact us by phone: 905.521.9983 ext. 2117 or email us at: mealsthatheal@rmhcscsco.ca

Meals That Heal - Program Options

Adopt A Meal (\$350 Sponsorship)

For those who may not live locally or do not have time to cook a meal, you can still be a part of our Meals That Heal program by adopting a meal. The cost to feed all of our families is estimated at \$350 per day. Our in-house culinary team will prepare the meal that you have sponsored and our families will enjoy a home-cooked meal courtesy of your generosity.

Buffet Night (\$400 Sponsorship)

Together with our talented culinary team, your group will bring together the freshest ingredients and prepare delicious dishes for our hot/cold buffet. This is a great way to give back to our families while gaining experience in the kitchen. It also is a great team building exercise.

Bistro Night (\$500 Sponsorship)

Treat our families to a premium culinary experience with a Bistro Night sponsorship. Join our culinary team in creating enticing dishes and join our families in the dining room by serving their tables 'restaurant style.' Families are provided with a small menu (choice of appetizer and choice of main course) making this an unforgettable night for all involved. (Please note: Bistro Night availability is limited).

Program Benefits

- Provide a delicious meal for our families (60-100 people)
- Save time - we do the grocery shopping and meal planning for you
- Receive a tour of the House
- Enjoy a delicious meal
- Receive a tax receipt

How to Get Involved

Groups interested in sponsoring a meal for our families will choose a date with our Meals That Heal staff. All groceries required for the meal will be purchased by RMHC® South Central Ontario in advance.

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Keeping Families Close®