

# Family Meal Program

The Family Meal program provides support to families who are taking care of their sick children, and often don't have the time, funds, or energy to prepare a home-cooked meal. After a long day at the hospital, a hot meal is a blessing! **If you'd like to help, please select from one of the four options below.** Thank you!



# 1

- You provide a recipe (email or print)
- You shop for the ingredients and deliver (or use a grocery delivery service)
- RMHC Staff brings your recipe to life!
- Families enjoy a delicious dinner!



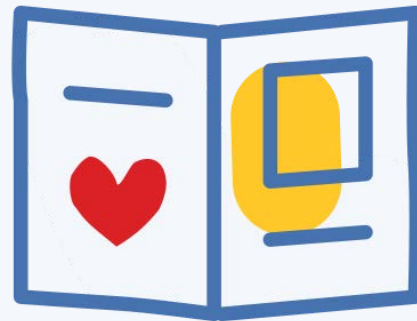
# 2

- You pick a local restaurant
- You order dinner, pick it up, and drop it off (or use a delivery service)
- RMHC Staff creates a yummy spread
- Families enjoy a delicious dinner!



# 3

- You pick a local restaurant or grocery store
- You purchase a gift card (values- \$50-\$100)
- You drop it off, mail it, or email it
- RMHC uses gift card to buy dinner
- RMHC picks it up or has it delivered
- Families enjoy a delicious dinner!



# 4

- You buy groceries off our Grocery Wish List
- You deliver them (or use a delivery service)
- Families enjoy breakfast, lunch, and dinner!

**IMPORTANT:** Once you select your option, please call **Illeeny Farese 239-437-0202**. She will let you know how many families are in the House, if we are in need of a specific item, or if we have an abundance of another item. Thank you!

# Family Meal Program- Grocery List

Please use this list to purchase grocery items needed for the families staying at the Ronald McDonald House. These items can be dropped off, or you may use a grocery delivery service. Items should be dropped off/delivered to: **RMHC SWFL**  
**16100 Roserush Ct. Fort Myers, FL 33908.**



**RMHC**  
Southwest Florida

- Apples
- Applesauce (Snack Size)
- Bananas
- Butter
- Canned Pasta (Chef Boyardee, Spaghetti O's)
- Chocolate Chips
- Coffee – K Cups (Breakfast Blend/Dark Roast)
- Coffee Creamer
- Cookie Dough (Frozen-Ready to Bake)
- Disposable Food Containers
- Eggs
- Frozen Foods
- Greek Yogurt (Individual Size)
- Half & Half Creamer
- Honey
- Hummus (Snack Size)
- Olive Oil
- Nuts (Snack Size Packets)
- Pasta
- Pasta Sauce
- Peanut Butter (Individual cups)
- Pop Tarts
- Raisins (Snack Size/Craisins/Yogurt Covered)
- Rice (Jasmine)
- Seasonings (basic herb seasonings)
- Shredded Cheese
- Snack Bars (Nutri-Grain/Belvita/Quaker Oats)
- Soup (Cans, Cup of Noodles, Ramen Noodles)
- Tea- K Cups
- TV Dinners- Frozen (individual)
- TV Dinners- Frozen (family style, such as; PF Changs, Bertolli, Sweet Earth, Birds Eye, Amy's, Pizza, Stouffers, Earth's Best, Annie's, etc.)
- Veggies (frozen or fresh)
- Chicken Breast
- Chicken Thighs
- Ground Chicken
- Whole Chicken
- Ground Turkey
- Halved or Quartered turkey
- Ground Beef
- Steak
- Beef Patty's
- Cubed or Roast Cuts
- Beef Ribs
- Pork Chops
- Pork loin
- Sausage
- Pork Ribs
- Vegetarian, Vegan, and Pescatarian options upon request. Call for suggestions.

**IMPORTANT: Before you shop, please call Illeny Farese 239-437-0202.** She will let you know how many families are in the House, if we are in need of a specific item, or if we have an abundance of another item. Thank you!