Ronald McDonald House®
Northern California

Schrader Family Teaching Kitchen

Help a family come home to a nourishing meal after a long day at the hospital. Through Meals From the Heart, you can support families staying at the Sacramento Ronald McDonald House while their child receives medical care at a local hospital.

Our new Schrader Family Teaching Kitchen gives us the space to prepare meals more consistently with Registered Dietitian-led menu planning and food safety oversight. But it's also more than a place to prepare meals - it's a commitment to providing comfort, nourishment and stability for families caring for a seriously ill or injured child.



Meals FROM THE Heart



Ways to Participate in Meals From the Heart

Sponsor a Meal
$500

Help provide a nourishing meal without bringing a volunteer team. Your contribution funds the meal, and the House coordinates preparation and serving. This option is ideal for those who want to support families but can't join us in the kitchen.

Cook as a Business Team
$350

Bring your employees together to prepare a meal. We provide the ingredients, equipment, and agreed-upon menu. Your team helps with meal preparation, setup, and cleanup—great for team-building and an opportunity to support families together.

Cook as a Non-Profit or Community Group
$50 minimum donation

Gather friends, family or nonprofit volunteers to provide a nourishing meal for our guest families. We provide the ingredients, equipment, and an agreed-upon menu. A minimum donation of $50 helps cover basic program costs. Larger donations are welcome and help sustain meals for families.

Provide a Catered Meal
In-Kind

Purchase or donate a meal prepared by a local restaurant or commercial kitchen. Your group will arrange the catering and coordinate the menu and delivery with our staff. On the day of your meal, your group will set up, and handle cleanup.

Ready to Participate?

Contact Vicky Flaig, MEd, RDN at VFlaig@ronaldmcdonaldhousenorcal.org
RonaldMcDonaldHouseNorCal.org

Frequently Asked Questions

What does the House provide for onsite cooking?

For the $350 business and $50-$100 community options, we provide ingredients, kitchen access, equipment, and food safety orientation.

How many servings should we plan for?

Plan for 60 servings for every meal option. We will confirm any details for your date when you schedule.

How many volunteers can participate?

Up to 12 volunteers may participate at one time. Volunteers must be at least 14 years old. Please confirm group size in advance.

Will volunteers serve the meal?

No. Meals are offered buffet style in each Family Dining Room. Volunteers prepare food and help with setup and cleanup as arranged.

What food safety steps should our team follow?

Stay home if ill. Complete the food handling orientation, wash hands, tie back long hair, and use gloves and aprons as directed.

When are meals available?

Lunch and dinner are scheduled Monday-Friday. Onsite volunteer shifts are generally 10 AM-2 PM and 3-7 PM, respectively.

How do I schedule a meal?

Email VFlaig@ronaldmcdonaldhousenorcal.org We will confirm the date, menu, meal option, group size, and arrival or delivery time.