

BREAKFAST BUDDIES

Would you like to be a Breakfast Buddy? Here's how it works.

You and your group of friends can sign up to come to the Front and Erie Street House on Thursdays from 11 a.m. to 2 p.m. to prepare, individually package and stock the next morning's healthy breakfast options for approximately 25 to 30 people.

Breakfast Buddies are responsible for purchasing and/or preparing all of the items that will be available at the next morning's breakfast. Items will be kept in our Healthy Breakfast Nook refrigerator and bakery cases until the next morning when families can grab items on their way to the hospital.

You won't be actually serving your dishes, but simply providing snacks or helping us keep our refrigerators stocked with quick and easy breakfast items for the next morning

Sample items to provide include:

- 12 low-fat Greek yogurt cups (assorted flavors)
- 10 yogurt parfaits in clear cups with lids
- 10 individual sized hummus cups or packets
- 24 individually wrapped cheese (e.g., cheese sticks, cheddar or Babybel)
- 12 smoothies (e.g., Naked juices, Kellogg's Breakfast to Go)
- 1 dozen hardboiled eggs
- Assorted fruit (5 pounds of bananas, 5 pounds of other seasonal fruit)
- 16 granola, breakfast bars or protein bars
- 12 single serve cups of hot breakfast cereal (e.g., oatmeal or mixed grain)
- One dozen bagels
- 3-4 breakfast breads (e.g., banana, cranberry, pumpkin)

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- Minors 12 years and older are welcome with an accompanying adult advisor or parent. We require a 4:1 youth-to-adult ratio for youth groups; youth should be 15 years or older.
 - Baked goods can be prepared on-site during the 11 a.m. to 2 p.m. shift. We have a large kitchen and preparation area with mixing bowls, measuring cups, hand-mixers, muffin tins and loaf pans for your group to use.
 - It is not necessary to wear hairnets, however serving gloves are required.
 - Wrap and/or cover your dishes individually (if possible) or store in appropriate containers and label with the current date. Set out your treats on our high counter for display or refrigerate. Label baked goods and hard-boiled eggs with the date they were prepared.
 - Wipe all counters, and leave the kitchen area/prep table at least as clean as when you arrived.
 - Advance notice of cancellation is appreciated.

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This volunteer service to the House is usually a 3-hour time commitment from 11 a.m. to 2 p.m. on Thursday for 8 volunteers.

Thank you for your interest in providing a healthy continental breakfast for the families who are staying at Philadelphia Ronald McDonald House located at **100 E. Erie Avenue, Philadelphia, PA 19134**. These guidelines will help you plan a successful experience for families with critically ill children.

How much will it cost to be a Breakfast Buddy Group?

The goal is \$100 or less.

Listed below are some price examples from Shoprite Grocery Stores.

- Kraft Cheese – snackables string mozzarella 12 in a pack \$5.50
- Shoprite Whole Wheat Bagels 6 pack \$2.00
- Eggland’s Best Eggs Hard Cooked 6 ct \$3.00
- Eggland’s Best Grade Eggs Extra Large 12 ct \$3.75
- General Mills Cereal Breakfast Pack 8 boxes \$4.75
- Nutri-Grain Cereal bars 8 bars \$3.00
- V8 100% Vegetable Juice 6 pack of 5.5 fl oz cans \$4.00

PRMH will provide individual packets of cream cheese, butter, peanut butter, jellies, salt, pepper, plastic ware utensils, brown lunch bags, plastic wrap, aluminum foil, serving baskets, utensils, food labels and plastic gloves.

