



RMHCNA brings lunch and smiles to families Family members supported as they care for loved ones being treated in Edmonton

(June 1st, 2016, Edmonton, Alberta – For Immediate Release) Today Ronald McDonald House Charities® Northern Alberta launched its Meals that Mend: Lunch Program to include the Stollery Children’s Hospital Neonatal Intensive Care Unit at the Royal Alexandra Hospital. Volunteers drove 40 healthy lunches to the Royal Alexandra Hospital, and 70 to the Stollery Children’s Hospital, as a way of helping families look after themselves while they look after their loved ones being treated in hospital.

“We know that families need to keep up their own strength when making decisions and caring for their families members who are in hospitals,” says Suzanne Pescod, Director of Communications with RMHCNA, “Many parents forget to eat during this stressful time, we are here to help ease a bit of the burden”.

The lunch program is a weekly commitment made by RMHCNA to the two Stollery sites, to help ensure that families with children in treatment are feeling supported. The lunches usually contain sandwiches, fruit, juice boxes and a note written by volunteers. Today members of the Edmonton Real Estate community volunteered their time to make lunches and decorate the brown paper lunch bags.

RMHCNA has delivered over 3,300 lunches to the Stollery Children’s Hospital in the past three years. Today marks the first lunch delivery to the Stollery site at the Royal Alexandra Hospital.

This past weekend RMHCNA, in partnership with Capital Jeep and Save-On-Foods, hosted a fundraiser to collect lunch products like granola bars and juice boxes. The event resulted in approximately three months’ worth of non-perishable lunch items donated to the program. The program relies on volunteers to help prepare the lunches, and donations to ensure the program is sustainable. If you would like to get involved please visit www.rmhcna.org.

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About Ronald McDonald House Charities® Northern Alberta

All Ronald McDonald Houses are independently owned and operated non-profit organizations. Ronald McDonald House Charities® Northern Alberta (RMHCNA) is the only facility in Edmonton and the surrounding area that provides temporary and affordable accommodation for families whose children are being treated in one of Edmonton’s medical facilities. Since 1985 RMHCNA has helped over 19,000 families. Website: www.rmhcna.org.