



## Let friends and family help by setting up a meal train.

### What is a meal train?

A meal train is the coordinated effort to bring meals after a birth, illness, or surgery.

### Why set-up a meal train?

Help with meals makes your life a little easier and allows friends and family to assist you during a time of need.

### What is mealTrain.com?

mealTrain.com is a free website that simplifies the organization of setting up a meal train.

### Do I set up my own meal train?

You can or have a friend do it for you.

### Is it hard to do?

Not at all. In 5 simple steps, you will have your meal train organized and friends and family can start bringing you meals.

### How much does it cost?

Nothing. mealTrain.com is completely **FREE!**



### How mealTrain.com works

**Step 1:** You or a friend enters your email address and location where meals are to be delivered.

**Step 2:** Select dates that are best to receive meals.

**Step 3:** Enter your meal preferences, food allergies and the best time to deliver a meal.

**Step 4:** Invite friends, family, congregation members, and neighbors via facebook or e-mail.

**Step 5:** Friends and family respond by going to mealTrain.com, booking a date, and bringing a meal.

[View my mealTrains](#)   [Start a new mealTrain](#)   [View my](#)

**Step 1** Add Recipient Info   **Step 2** Select Dates   Enter

Enter the recipient of this mealTrain

\* Name(s): Jack & Jill  
 \* Email:   
 \* Occasion: New Baby

Enter the address where meals are to be dropped off.

\* Address:

March 2010						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Enter meal preferences

Number of people to cook for: Adults: 2   Kids: 1

Best time to deliver meals: 5PM - 6PM  
 example: from 5PM - 6PM

Favorite meals: Baked Ham, Beef Stew, Chicken pot pie, Macaroni & Cheese, Chili, Lasagna  
 example: lasagna, chili, etc

Least favorite meals:



[www.mealTrain.com](http://www.mealTrain.com)