meal Train℠
support friends, strengthen communities

mealTrain.com Sign-up

meal Train for: _____

What is a meal train?
A meal train is the coordinated effort to support a friend through meals after a significant life event.

Why set-up a meal train?
Births, surgeries, or illnesses can disrupt daily routines and time for meals all but disappears. Friends, family, neighbors, and congregation members want to show their support for those in need by giving a meal. Organizing a meal train simplifies the process.

How does mealTrain.com work?

- The organizer enters meal and date preferences for the recipient
- Invitations to participate are sent through email or facebook
- Participants select a date through an online calendar at mealTrain.com

Please write your e-mail address to be included:

(Please use the other side of the page if needed)

What comes next?
Follow the instructions in the email inviting you to participate.
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Questions? Want to learn more?

Please visit mealTrain.com

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