



What is a meal train?

A meal train is the coordinated giving of meals around significant life events like births, illness, or surgery.

Why set-up a meal train?

Help with meals makes life a little easier and allows friends and family to assist 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.

Is it hard to do?

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

How much does it cost?

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



How mealTrain.com works

Step 1: Enter the email address and location where meals are to be delivered.

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

Step 3: Enter 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
 Baked Ham, Beef Stew, Chicken pot pie, Macaroni & Cheese, Chili, Lasagna
 Favorite meals:
 example: lasagna, chili, etc.
 Least favorite meals:

