

MealTrain.com Sign-Up

Meal Train page for _____

 **What is a Meal Train page?**

A Meal Train is the coordinated effort to show support through meals after a significant life event.

 **Why set up a Meal Train page?**

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 page simplifies the process.

 **How does MealTrain.com work?**

1. The organizer enters meal and date preferences for the recipient at MealTrain.com.
2. Invitations to participate are sent through email, Facebook, text, and more.
3. Participants select a date through an online calendar at MealTrain.com

Please write your e-mail address to be included:

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What's next?

Follow the instructions in the email inviting you to participate.



Questions? Want to learn more? Please visit www.MealTrain.com.