

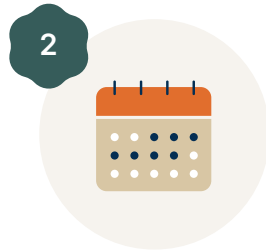
# Organize on MealTrain.com

## How it Works



### Identify a Recipient

Create a free Meal Train page for a friend who could use some support.



### Enter Dates

Select the dates when meals would be helpful.



### Customize

Add food preferences or restrictions; include donations, gift cards, and more.



### Share

Share so friends, family, and neighbors can sign up to provide meals.



## Frequently Asked Questions

### What is a Meal Train page?

A Meal Train page is the coordinated giving of homemade meals around significant life events like births, illness, or surgery.

### What is MealTrain.com?

MealTrain.com is a free website that simplifies the organization of a Meal Train page.

### Why set up a Meal Train page?

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

### How much does it cost?

Nothing! Organizing on MealTrain.com is free.



Get started at [www.MealTrain.com](http://www.MealTrain.com).