

Meal Train 101:

WHAT IS A MEAL TRAIN?



Meal trains are your community bringing you prepared food. We recommend planning one for after delivery.



Designate 1-2 people to be your coordinator(s). They connect with your community to coordinate meals, and can use dedicated websites /apps, such as those below, that have easy to use calendars.



Your coordinator(s) informs your community of the dates and times your family needs meals, your meal or restaurant preferences, any dietary restrictions, and any other requests, such as walking pets or child care.

Set up your meal train today!

