

meal Train[™]

A shared online calendar that simplifies the process of giving and receiving meals

Everyone wants to help,
but isn't sure how...

HERE'S HOW!

Well-meaning friends offer the same go-to meals, at all the same times



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A simple schedule shows what's needed, and when it's needed



SUNDAY TUNA CASSEROLE GREEN SOUP MONDAY CHICKEN SALAD
TUESDAY SPAGHETTI PEA SOUP CORN
WEDNESDAY ENCHILADAS THURSDAY MEAT LOAF
FRIDAY CHICKEN PASTESAN SATURDAY MEAT SAUSAGE
SATURDAY LASAGNA

STARTING A MEAL TRAIN IS SIMPLE!



Organize a meal Train
by visiting
mealTrain.com/mmt
& entering the code:
MagnoliaC



Invite friends & community
by email to
sign-up &
prepare a meal



Begin using the shared calendar
to determine what
meals are needed
& when