

Have you ever organized meals for a friend who is going through tough times-cancer treatment, surgery, a loss? When a friend is in need, everyone asks, what can I do?

Cooking for and delivering meals is a way that can be a huge help.

Meal Train.com is a free, online interactive meal calendar that simplifies the organization of giving and receiving meals. By allowing the giving party to take into account the recipient's preferred meal times, food preferences, and available days, the site helps ensure that the recipient get the meals they enjoy on the days that are the most helpful. Meal Train .com helps eliminate confusion related to meal giving. No longer are questions like: "what do they prefer? when are they available? what have they already recently had?" left unanswered.

It ensures that everyone has the necessary information so they can focus on supporting friends with meals! Check out Meal Train.com next time you have a friend in need!

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