



Meal Train Ministry

Providing practical care through meals during significant seasons of life.

THE DIFFERENCE YOU MAKE

A thoughtfully prepared meal can ease the burden for individuals and families welcoming a baby, experiencing illness or surgery, grieving a loss, or going through another difficult time. Meal Train volunteers provide practical care while reminding recipients that others are thinking of them.

RESPONSIBILITIES

- Review each invitation and sign up when your schedule allows.
- Follow the listed serving size, dietary needs, and meal preferences.
- Prepare a meal for the recipient.
- Deliver the meal on your selected date and at the requested time.
- Update your signup or contact April if your plans change.

HOW YOU SERVE

Serve: Sign up when a date and need fit your availability

TRAINING

No Experience Needed

Each Meal Train invitation includes the number of people to serve, dietary needs, meal preferences, available dates, and delivery instructions. Details vary based on the recipient.

WHAT SERVING LOOKS LIKE

- ✓ Responding when your schedule allows
- ✓ Preparing a caring meal
- ✓ Following the recipient's meal information
- ✓ Delivering directly to the recipient

READY TO GET STARTED?

Interested in providing meals when needs arise? Contact:

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