

# LIFE GROUPS

## MEAL TRAINS

Meal trains are a way for friends and family to offer practical support by providing meals, easing the burden of cooking during life events such as having a new baby, recovering from illness or surgery, experiencing a loss, or navigating a major life change like moving. During one of these events, Life Group leaders are encouraged to set up a meal train.

### GUIDELINES

To best meet the recipient's needs, ask specific questions. These questions are necessary for setting up a meal train:

- Recipient's email address
- Food allergies or dietary restrictions
- Meal drop-off location and contact phone number
- Meal train start date
- Preferred delivery time
- Preferred drop-off days
- Number of children and adults to feed
- Favorite and least favorite meals or restaurants
- Special instructions
- Ministry areas in which the recipient is involved

### CREATE A MEAL TRAIN

1. Visit <https://www.mealtrain.com/start/>
2. Enter the recipient's name, email address, and drop-off address.
3. Enter preferred delivery time.
4. Select days when meals are needed. This can be adjusted later.
  - a. The general rule is every other day for two weeks.
5. Enter the recipient's meal preferences, including their favorite and least favorite meals or restaurants, allergies, and any additional special instructions for drop-off.
6. DONATION FUND GOAL: Select "Other" and "Donations are not needed for this Meal Train page."
  - a. We **do not allow donations** on Creekwood Church meal trains. Our purpose is to support a family with meals or gift cards. Creekwood does not share GoFundMe or other types of monetary donation requests.
7. Add a recipient photo (optional) and share why the meal train is being organized.
8. Add the recipient's spouse (if applicable) as an organizer to help with invitations, updates, and communication.
9. Click the "Edit Page" button, then click the "Manage Organizers" button
10. Enter the email address of the additional organizer and click the "Add Organizer" button

### SHARING A MEAL TRAIN

1. Share the meal train link with **your life group**.
2. Share the meal train with the **recipient's ministry area** by emailing your meal train link to [lifegroups@creekwoodchurch.com](mailto:lifegroups@creekwoodchurch.com).
3. The recipient is free to share the meal train with friends and family outside of Creekwood.
4. Regularly check the sign-ups to ensure that meals are covered for the assigned days.
5. If meals are not covered, please submit a *Pastoral Care Request* so Creekwood can attempt to provide additional meals through other means.
  - a. <https://creekwoodchurch.churchcenter.com/people/forms/323381>