

Meal Train is a great way to serve our church family that requires minimal time commitment but provides practical assistance and great blessing.

What it is: A Meal Train is organized meal-giving provided to assist during significant life events such as birth, death, illness and surgery.

How it works:

1. When a request comes in for a Meal Train, everyone on the Volunteer list will receive an email notification of the need, which will include a link to the Meal Train web page for that person/family. **You will need to create your own login for the MealTrain website in order to be able to see the details and sign-up for dates to bring a meal.* This page will provide all the pertinent details – who it’s for, what their life-event is, dates that meals are needed, where they live, how many people to feed, as well as any food sensitivities/preferences to be aware of.
2. If you are willing and able to participate, then look at the calendar for a date that works with your schedule, click on it to claim that meal, and type your name in the field as well as what you plan to bring (to avoid duplicate meals). If you aren’t able to decide right then what to bring, it’s okay, type in TBD for To Be Determined. You can always go back and enter it once you decide!
3. On your day, prepare/pick-up your meal and deliver at the specified time and place. (It is often easy to double the amount of what is on the menu in your own home that night, or you can prep-ahead and freeze it, being sure to either allow enough time to thaw/heat it before you take it or to allow the family enough time to heat it before their requested dinner hour.)
4. If cooking is *not* your thing but you have a heart to help, you can bring a store-bought meal or restaurant take-out. (Gift cards for restaurants may also be accepted. Check in the details.)
5. If cooking *is* your thing but perhaps you aren’t able to deliver the meal at that time of day specified, or the location is too far... see if there is someone you know who can take the meal for you, or contact the people the meal is for and see if you can arrange another time that works for you. (*Be sensitive in contacting the family if the situation is grave. Perhaps contact *the coordinator* instead so the family only has *one* person contacting them during a crisis.)
6. Meal Trains are in action only as a need arises to care for members of our Church body. Therefore, sometimes months go by without any requests and other times several needs may come in a row! A typical Meal Train may provide meals every-other-day for two weeks, although some can be daily or require a little more time. This generally means between 6 to 8 meals needed with each request. You need only to sign up for one of those meals, and of course you don’t need to participate in every need presented. However, when there are many volunteers, you will find the slots often fill quickly and you may not even get one if you delay! (You certainly *may*, however, provide more than one meal if you like.)
7. You will receive a confirmation email from Meal Train confirming the date you have claimed to provide a meal, as well as a reminder email from them before the date arrives. You will *not* receive any soliciting emails from them or 3rd party marketing offers and they will *not* sell your information. They *will* keep a record on display of all activity under your login so you can always look back on all Meal Trains in which you have participated.

What to do:

If you are interested in participating, you have 3 options to have your name added to the Meal Train volunteer list. 1) Text the word “mealtrain” to 480-680-9223. 2) Fill out the volunteer form online at <https://evidentlife.breezechms.com/form/meal-ministry>. Or if you are not comfortable with the electronic way of doing so, 3) just call the church office and ask to be included on the volunteer list. You can withdraw your participation at any time necessary, however, we would like to have your name on the list for at least 6 months, after which, you can evaluate your time constraints and decide if you would like to continue.

If you have further questions, email Mealtrain@evidentlife.org