

“One of the worries of a mother is making sure your kids have food on the table... Knowing that at least 3 times a week we have a good choice takes away that worry... and makes me have the opportunity to spend the time with my kids...”

— Melinda, Meal Train Recipient

Mealtime should be when family members relax and enjoy quality time together. But planning and preparing meals can be draining for someone living with breast cancer.

It can be hard to ask for help for things like preparing meals. And sometimes people want to help, but don't know what to do.



If you need help starting a Meal Train, go to www.mealtrain.com and click Help.

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For someone living with breast cancer

A MEAL CAN MAKE A DIFFERENCE

Meal Trains sponsored by Magnolia® organize friends and family who want to help



HELP MAKE A DIFFERENCE WITH MEAL TRAIN®

- An online calendar that helps organize and schedule meals for someone living with breast cancer
- Gives patients an easy way to ask for help, and a way for friends and community to pitch in
- Provides helpful resources and links about living with cancer

Here's how it works:

- Organize a Meal Train by registering on mealtrain.com
- Invite friends and community by e-mail to sign up and prepare a meal
- A shared calendar shows what meals are needed and when

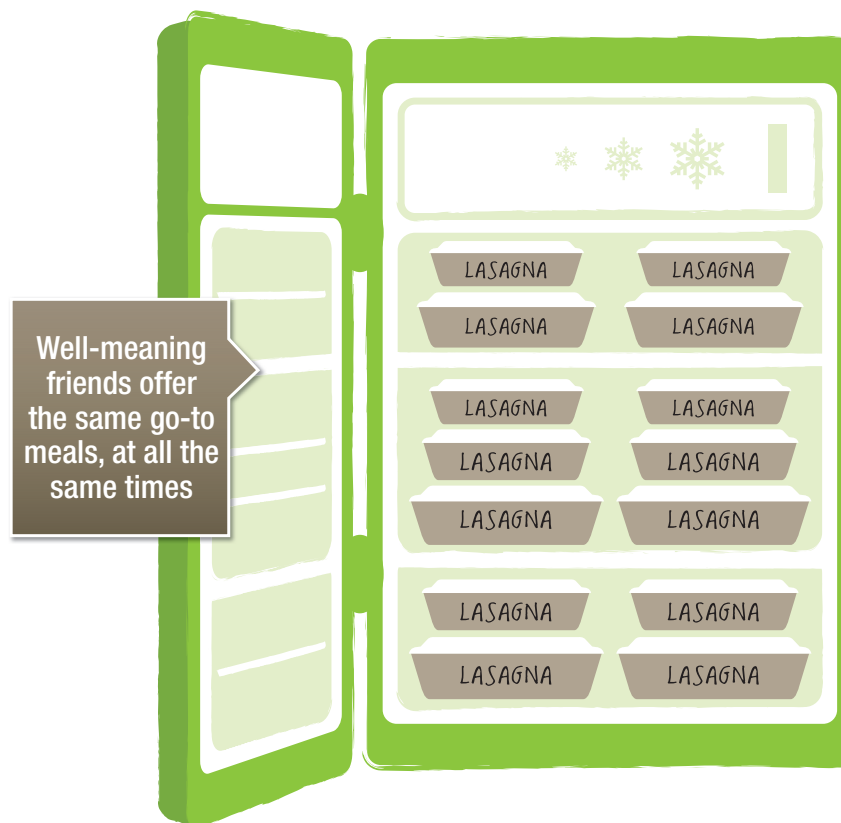
Sign up for Meal Trains sponsored by Magnolia

- Go to www.mealtrain.com
- Click the start button
- During setup you will be asked if the meal train is in support of someone living with breast cancer

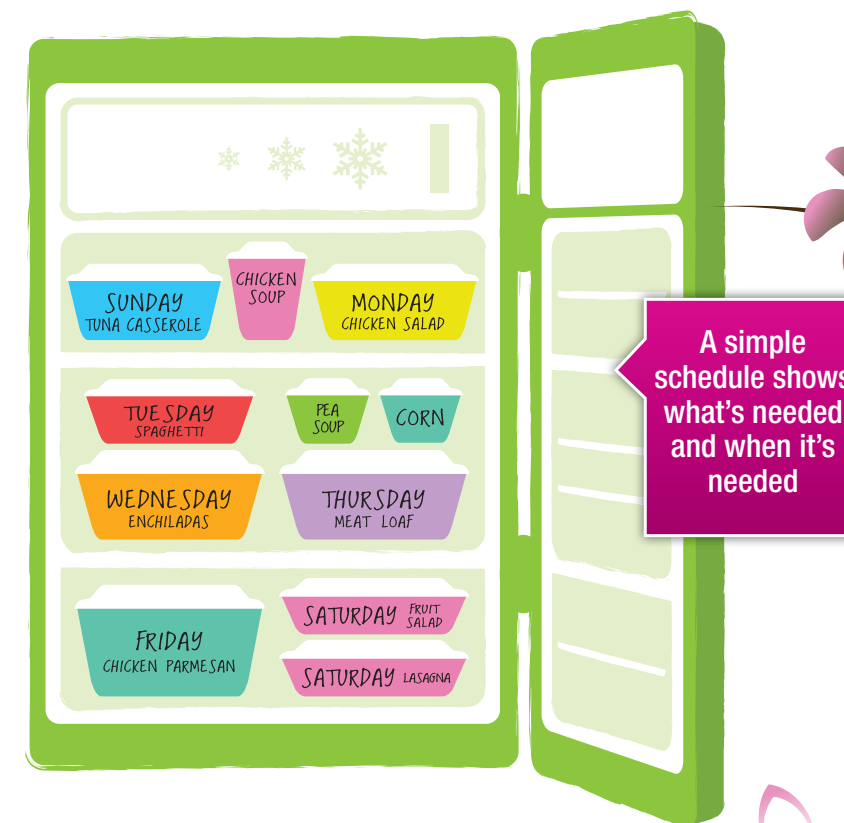
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www.mealtrain.com

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



Here's how!



 meal train

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