



**Are you looking
for a way to
help a friend?**

**illness
new baby
surgery
sympathy
thinking of you**

**We created an easy way for friends to coordinate meals online
and we'd like to share it with you.**

In less than 5 minutes, you can create a FREE online meal schedule!

- 1. Visit TakeThemAMeal.com.** Click **Create**. Submit a simple form asking who needs meals, when and where to deliver them, and any additional details.
- 2. Invite People to Participate.** We make this easy by sending the email invitations for you - you just provide the addresses.
- 3. Watch the Meal Schedule Fill Up.** We send reminder emails on your behalf, so no one forgets to bring dinner on their night.

We have a fabulous customer service team that is always available for questions!
Just send us an email at info@takethemameal.com.

Our site is full of recipe ideas and tips that will help you care for those
in your community and beyond with meals.



take them a
meal
TakeThemAMeal.com

