



Setting up a meal schedule for hard situations

Your friend is suddenly facing a very difficult situation and you know that having meals prepared by friends for a few days, weeks, or months would be a huge help. We know these times can be overwhelming and confusing because the onset is so sudden.

Here are some helpful questions for you to ask your friend when you discuss setting up a meal schedule:

Q: Is anyone coordinating meals for you?

If no one is filling this role, offer to be the meal coordinator. If your friend seems hesitant to accept help (although you know it's needed), you could say, "I know it's hard to accept help, but there are so many people who would like to care for you by preparing meals. You are giving your friends a gift by allowing them to do this for you."

Q: How many days a week would it be helpful to have meals?

In difficult circumstances, 3-4 weeks of meals in a good start and you can suggest 3-4 meals per week. You can always extend your meal schedule, if needed. You want to find the balance of enough food, but not too much food. You might also ask if there are certain days of the week that would work best, and also whether breakfast and lunch could be helpful on certain days.

Q: What groups of people would you like to know about the meal schedule?

This will often include friends, neighbors, co-workers, church members, and more - but it is best to ask your friend how widely they would like the schedule to be shared.

Q: Should the person bringing your meal come to the door?

If it is a situation where it will be difficult for someone at the home to greet the meal providers (sadness, reduced immunity, desire for privacy, etc.), a cooler can be placed outside the front door with a note asking for the meal to be placed in the cooler. You can also arrange for meals to be delivered to a neighbor or friend and that same person can deliver each meal.



Q: Is there a day or days when a large group of people will be at home for meals?

This often happens in the form of a funeral meal, or other family gatherings after significant life events. PerfectPotluck.com can be helpful for coordinating those large group meals.

Q: Is there anything else that would be helpful to you during this time?

Oftentimes, your friend's needs will extend beyond just meals - whether that be to have someone check in on them occasionally, or a ride to medical treatment, etc. Take the opportunity while discussing their meal needs to find out about other ways you can be of help to them.

Q: What else do meal providers need to know as they prepare to bring you a meal?

- What time should the food be delivered?
- What are the food preferences (likes/dislikes) and allergies?
- What carry out restaurants and gift card locations are preferred?
- What are the names, ages, and interests of children in the home?
- What extra supplies are helpful? (paper towels, napkins, etc.)
- What freezer/refrigerator space is available for meals?

Above all, check back with your friend regularly to see what else might be helpful as their situation changes over times.

Example meal schedule:



- [Meal Scheduling](#)
- [Recipes](#)
- [Send A Meal](#)
- [Our Blog](#)
- [Help](#)
- [Contact Us](#)

Meals For . . . Sarah Sample

Admin Password:

Meal Coordinator: Ima Friend 555-555-5555

[Invite Friends](#) | [Print Schedule](#)

Deliver Meals To: 100 Green Street, Anytown, VA 12345 [\[view map\]](#) 555-555-5555

Notes from Ima Friend . . .

[Print These Notes](#)

Thanks for helping the Sample family with meals during this time.

You will be preparing meals for two adults and two children. Please deliver meals to their home between 5:30-6:00 pm. If you need to arrange another drop off time, please call or e-mail Sarah.

The family enjoys most foods, but John is allergic to seafood.

October 15th-17th, Sarah's mom will be staying with them, so please bring enough dinner for an extra adult.

Suggestions from TakeThemAMeal.com . . .

- Can't take a meal from your own kitchen? Send one instead. [Click here to order.](#)
- Are you delivering dinner? Consider including breakfast items too.
- Consider taking your meal in a disposable container.

Like You, Chandra Lane and 66,176 others like this.



Send them a meal instead...



Good Ol' Chicken Noodle Soup Meal

Date	Meal Provider		What I Plan To Bring	Actions
Show 11 Previous Meals				
Mon, Oct 15	Amy Eager	555-555-5555	Chicken Noodle Soup	Change Remove
Wed, Oct 17	Ben Cookin	555-555-5555	Homemade spaghetti	Change Remove
Fri, Oct 19				Take Cancel
Mon, Oct 22	Rosie Days	555-555-5555	Pizza (delivered)	Change Remove
Wed, Oct 24				Take Cancel
Fri, Oct 26	Betsy Friend	555-555-5555	Your favorite	Change Remove
Mon, Oct 29				Take Cancel
Wed, Oct 31	Sarah Right	555-555-5555	Chicken soft tacos, rice, and dessert	Change Remove
Fri, Nov 2				Take Cancel
Mon, Nov 5	Justine Time	555-555-5555	Salmon and grilled vegetables	Change Remove
Wed, Nov 7	Ali Rogers	555-555-5555	Meatloaf and mashed potatoes	Change Remove
Fri, Nov 9				Take Cancel
Mon, Nov 12				Take Cancel
Wed, Nov 14				Take Cancel
Fri, Nov 16				Take Cancel
Mon, Nov 19				Take Cancel
Wed, Nov 21				Take Cancel
Fri, Nov 23				Take Cancel