



ETIQUETTE FOR A Meal Train

Delivering a meal to a mum
with a newborn? Find out the
Meal Train Etiquette everyone
should use.

Let's start with "You are Amazing!" Thank you for wanting to bless your fellow mother by delivering a meal to her. Before signing up to a Meal Train here are 14 etiquette tips for making and delivering a meal to a mum and dad with a newborn – however, it is the thought that counts!

1. Ask limited questions: The answers you do need to know are the family's dietary requirements, the best time for drop off, number of people eating, and if there are any meals they don't like.
2. Don't ask what they would like to eat. There are enough decisions for the newbie parents to make!
3. Share what you are going to cook on the Online Meal Train. This allows other people to see what the family has already eaten that week.
4. Can't cook anything? Order, pay and get it delivered!
5. Make enough for leftovers. This is great, especially if no one is delivering a meal the next day or if they have nothing organised for lunch.
6. Plastic or Paper. Using recyclable/disposable materials means no clean up and no need to return the containers. If you do give them a dish you want to be returned, make sure you clearly label it with your name.
7. What should you include with the meal? Include everything they need to eat the meal.
 - Salads or vegetable sides
 - Drinks
 - Plastic cutlery, bowls or plates (although not necessary)
 - You could include dessert
 - Biscuits, muffins or bread for snacks
8. Arrive with the meal ready to eat.
9. Include cooking/heating instructions if not ready.
10. Messaging the couple the morning that you are coming and ask what time is best for the meal to be dropped off.
11. Give the couple a call or a message and explain you are heading to the shop. Ask them what they need. Tell them whether you are running on time; this assures them that you are coming. Also, ask them to turn on the oven to keep food warm if they are not ready to eat.
12. Don't stay for long - drop off and go. It is not a time for staying and spending time with the mum, dad or baby. It is a maximum 15-minute stop in to give the food and make sure that mum and dad are doing well.
13. If they haven't got many friends and family providing them with meals, and you have more time, make another meal!
14. Take note how they are going and think whether there is anything else they need.

