

## TakeThemAMeal.com

### Meal Recipient Questionnaire

We would love to serve you by bringing meals on a schedule that's convenient to you. If you are willing, please fill out this questionnaire, which will help us bring food that you like and can eat.

To coordinate all of this, we'll be using the website called "Take Them a Meal" -- [www.TakeThemAMeal.com](http://www.TakeThemAMeal.com). On this private site (link and password protected), invited people read about your needs and preferences, sign up for a specific date, and enter what they'll bring (to minimize duplication).

As coordinator, I'll enter the information I receive from you onto the site, and monitor how things are going. Those who want to bring a meal, but do not use computers can still contact me by phone. I'll enter their information on the website, to keep it updated. You will not have to do any administrative work on this at all; you CAN check the website as desired, to see who is bringing what.

Please let me know a few days BEFORE you'll want your meals to start, so I can post the schedule and notify the meal providers.

You can also let your OTHER friends/family know about your TakeThemAMeal.com meal schedule, so they can join in too (less duplication and more coordination)!

Happy eating!

**TakeThemAMeal.com**  
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*Think of everyone who will be eating when you answer the food questions, i.e. other children, extended family visitors*

**Date it would be helpful for meals to begin:**

**How long would you like to receive meals?**

**1) Contact information**

- a) Address -- including landmarks and color / identifying features of house:
  
- b) Home and cell phone numbers; which one is better to use?
  
- c) Email address (optional), if this is a good way to reach you.

**2) Food preferences**

- a) Food allergies -- SPECIFICALLY: nuts/seeds, dairy, wheat, eggs, shellfish
  
- b) Absolute hates -- ("kiddos won't eat any green veggie but we love salad"; spicy foods; etc.)
  
- c) Special diet -- Vegetarian, gluten-free; low fat, low salt, low carb, sugar free, no desserts desired ...
  
- d) Do you like ethnic foods, such as: (Yes or No)  

Asian	Italian	Hispanic	Mid-eastern
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- e) Do you eat pork products? This includes pork, ham (ham & bean dishes), bacon (including in salads), BBQ pork, and for some folks, Jello (gelatin).
  
- f) Do you enjoy fish /seafood -- grilled / baked / fried real fish; tuna casserole; fish stew?

- 3) Time you'd prefer food to be delivered? Do you want the meal provider to call before s/he comes? Who should be contacted if an alternate delivery time needs to be arranged?
  
- 4) How many adults and children will be eating? How old are the kids? (15 y/o boys eat much more than 4 y/o girls!)
  
- 5) Do you prefer disposable containers, or will you wash and return the containers?
  
- 6) Do you want meals each day, or every OTHER day? Since many folks are very generous, there are often leftovers, and after a few days, food can pile up! Maybe you'd like two on and one off?
  
- 7) If a relative or friend is coming to help, do you want meals while she is here? INSTEAD, maybe you'd like meals for a week AFTER your helper leaves.
  
- 8) What is your favorite local eatery --- name, location, and phone number -- and what are some menu items you like? Some people might want to provide a carry-out, in case they cannot cook.