

Shmanners 508: Meal Trains

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[theme music plays]

Travis: Hello, internet! I'm your husband host, Travis McElroy.

Teresa: And I'm your wife host, Teresa McElroy.

Travis: And you're listening to Shmanners.

Teresa: It's extraordinary etiquette...

Travis: For ordinary occasions! Hello, my dove.

Teresa: Hello, dear!

Travis: What up?

Teresa: Hey.

Travis: Okay.

Teresa: [laughs]

Travis: I didn't know if you would match my energy and then you matched my energy.

Teresa: Here I am. Matchin'.

Travis: Yes.

Teresa: [laughs]

Travis: How are you, dear?

Teresa: I'm well.

Travis: Spring break?

Teresa: Spring break. Also spring. Whew. Just...

Travis: Has it sprung?

Teresa: I think it has. Um, we go through this every year because we live in the Ohio River Valley. My throat is itchy, and my eyes are itchy, and sometimes I sneeze, like, ten times in a row.

Travis: See? Ohio *is* interesting, guys.

Teresa: [laughs]

Travis: Everybody out here being like, "Ooh, Ohio. It's like a [unintelligible]—" no, it's fine! It's okay.

Teresa: It does stuff to your head.

Travis: It does stuff to your head.

Teresa: [laughs]

Travis: And stuff to your soul. We have culture.

Teresa: [laughs]

Travis: And... um...

Together: Allergies.

Travis: Yeah.

Teresa: [laughs]

Travis: That's our two main exports.

Teresa: What about you? How are you, dear?

Travis: Doin' great!

Teresa: Okay.

Travis: My hair's getting too long.

Teresa: Oh, but, you know. Long hair—

Travis: It makes me look like a rake, like a real bad boy. Like a Uncle Jesse type, would you say?

Teresa: Hmm, yeah! Long hair is in this year. It's true.

Travis: So I'm a trendsetter is what you're saying.

Teresa: Indeed.

Travis: Everybody's following my lead.

Teresa: Everybody's having long hair.

Travis: I do it and then everyone's doing it. Ugh! Joiners.

Teresa: The boys are having long hair this year. It's in.

Travis: So it makes me youthful?

Teresa: Sure, yes.

[pause]

Travis: The way you said that made it feel like, "Yeah! That's what you wanna hear."

Teresa: [laughs] Listen! But don't you want to enjoy your hard-earned wisdom?

Travis: Yeah, but if I could transport that wisdom back into, like, my 25-year-old body, that would be ideal.

Teresa: [laughs] That would be fun.

Travis: 25 I've decided is when I was done cooking. I could rent a car and everything else.

Teresa: [laughs]

Travis: Like a reward tier, you know, where it's just like, you get everything else and you can rent a car. And then past that, what else?

Teresa: That's primo right there.

Travis: 35 I can run for public office. Thanks, everybody.

Teresa: [laughs]

Travis: Ugh. 25 was the last thing... and I don't rent a car that often, but every time I do I'm glad I'm over 25. I think you can still rent a car under 25, but you have to pay, like, for insurance or something?

Teresa: I think that I heard something silly on the internet that...

Travis: No.

Teresa: ... that at 25, you're able to rent a car from a rental service, but you can rent a U-Haul at 19.

Travis: That sounds right. Hey, what are we talking about this week?

Teresa: [laughs] We're talking about meal trains.

Travis: "[singing] You all over the world. Bring food. It's a meal train! A meal train."

Teresa: Nice! I didn't know if you were gonna sing Soul Train or if you were gonna change it, and I'm glad that you changed it.

Travis: Yeah. Well, that's the bit. If I just sang Soul Train it would be off topic. But I made it meal train.

Teresa: It's Love Train, right?

Travis: Love Train.

Teresa: Sorry. Not Soul Train. I think that's the name of a band.

Travis: No, I think Soul Train was the dance show. Was the TV show where people danced.

Teresa: Mm-hmm, mm-hmm. We're doing lots of great things today.

Travis: Yeah, listen! We're recording. It's after dinner now.

Teresa: It is.

Travis: And we don't normally record after dinner, and now we're all full of food energy.

Teresa: [laughs] Food energy. Okay, so. Listeners, if you have not heard of a meal train, you probably have seen it talked about in, like, media. You know, TV shows and movies. It is when, like, somebody has a baby, or when people are chronically ill.

Travis: Or like if somebody just moved.

Teresa: Sure. People bring over food, right? And it's a highly organized way of bringing over food. And I think that it is very considerate in that way, because not only is it so that you don't end up with a bunch of people and a bunch of food at your house all at the same time, but also there's a real consideration for the recipient of the meal train.

Travis: Because it's staggered, right? Where it's just like, "I'm going to bring something on Monday, and then you can bring something on Tuesday."

Teresa: Yes.

Travis: That's the train part of it.

Teresa: Exactly.

Travis: Right? It's not just like, "We're all gonna dump a bunch of casseroles on their doorstep on Monday, and, you know, let go and let god."

It's like, "I'll bring something on Monday, you bring something on Tuesday," so it's one after another. Like train cars.

Teresa: And I do think that it is important to keep it highly organized like this. Or you end up like my mom, who had a hip replacement, and all of her friends brought her soup. She had, like, seven liters of soup. Like, she had taco soup, and lasagna soup, and chicken soup. And she was like, "Listen, guys. I love soup, but I can't eat all of this soup." [laughs]

Travis: Now, one of the things I know about Becky—and there's only three—one of is she likes freezing soup and sauce and stuff.

Teresa: She does. She does. And I think that she did freeze some of it. But I think a couple of 'em were dairy-based, like, chowders, and I don't think you can freeze those.

Travis: No. Never freeze—if there's one thing I learned in college—and there's three things—one of 'ems never freeze a chowder. The second one? Never trust a penguin. The third one? Don't eat that.

Teresa: [laughs] Alright. Okay. So, what we want to talk about is not only the idea of bringing food to people who need it, but also we're gonna talk about the actual, like, strategy and the beginnings of the food train. Which I think should be TM-d, but they haven't. There's a website called Mealtrain, but...

Travis: Are you saying the trademark is free? I gotta go.

Teresa: I think so. [laughs] Okay. Just so, you know, you're clear, like, it's not just that you make a lasagna, right? It could be as simple as bringing over bread and peanut butter for sandwiches, or bringing over—like, having someone deliver a pizza to their house, right? It's more about getting food into their home than it is about your prowess of cooking or whatever, right? Or their prowess of cooking. Maybe they can't cook.

Travis: But also, let's be honest. There is an aspect of it. If you like to cook, like me, and you're like, I wanna make... some good food that they're like, "This is really nice that you brought this over. And also I'm very impressed with your cooking skills!"

Teresa: Like your roast chicken is very good.

Travis: Like the roast chicken is very good. That's a great one to bring over for people.

Teresa: So let's go over some history of meal trains.

Travis: No one knows when it started rolling, but if it comes through your town, you better hide. The meal train hungers for all.

Teresa: Oh, I was thinking that you wanted to go outside and open wide and get some meal train.

Travis: No, the meal train eats people.

Teresa: [through laughter] Oh no. This has gone totally wrong.

Travis: Listen, tell me about it!

Teresa: Off the... rails?

Travis: It wasn't—ohhh.

Teresa: Ohh!

Travis: Up top!

Teresa: [laughs]

[high five]

[thunk]

Teresa: [laughs]

Travis: Ahh! I hit the wall. I high fived so hard I elbowed the wall. I'm fine, but my pride? Oh. She's battered and bruised.

Teresa: Let's go way, way, way back to...

Travis: The 1820s.

Teresa: No. Further than that.

Travis: 1710s.

Teresa: Nope.

Travis: The 1600s.

Teresa: What is the furthest back that we normally go?

Travis: Ancient Egypt.

Teresa: Yesss.

Travis: They didn't have trains in ancient Egypt!

Teresa: Now, listen.

Travis: That's so forward-thinking of them!

Teresa: That's not what this is about.

Travis: Were trains named after meal trains?

Teresa: It's about the sharing of a meal after a funeral.

Travis: Oh, okay. It's not as funny.

Teresa: The Egyptians—

Travis: It's not funny when you say it like that.

Teresa: They were obsessed with death. It was part of their culture, right? More so than really any other culture that I've encountered.

Travis: Ehh, here's the thing. To one degree or another, I would—maybe the most, but every culture's pretty obsessed with death. We kinda talk about 'em all a lot. Like, some day in the future, people will go back and watch, like, 1990s and 2000s police procedurals.

Teresa: Ohh.

Travis: And they'll be like—and true crime and all this stuff.

Teresa: No, you're right.

Travis: And they'll be like, "Man! America at that point *loved* murder!"

Teresa: Yeah. No, that's true. So, sharing a meal together after a funeral was a way to ensure the soul a smooth transition to the afterlife.

Travis: You don't want 'em to be hungry.

Teresa: That's true. Sarah Lohman of the Wine History Project told *Curious Foodies* that, quote, "Food like bread and beer were left in tombs for the deceased for their spiritual nourishment. Even paintings of cattle and birds were also on the walls of tombs to provide further sustenance once the worldly food ran out."

Travis: To eat the idea of the picture?

Teresa: I guess so. On your way?

Travis: We don't—hey, now. Hold on. How do we know that? It might just be they liked pictures of cows. Right? If I have a crypt and someone hangs up a picture, and like, "This was his favorite picture of a cow."

And a thousand years from now someone's like, "I bet his spirit ate this picture of a cow."

No, that's just my favorite picture of a cow. Not my favorite cow. I never owned cows. But I had many pictures of cows, and that was my favorite picture of a cow.

Teresa: Well, since neither of us are anthropologists, let's just...

Travis: Yeah, I don't know why I'm arguing this.

Teresa: Let's just take this person's word for it.

Travis: That's fair.

Teresa: Anyway. King Midas's funeral in the 8th century in Turkey also showed that the funeral attendees not only provided a feast of goat stew for the king's sendoff, but that it was consumed by the attendees of the funeral as well. Lohman also wrote that ancient cultures from African to Chinese buried their dead with pots of honey, and ancient Greeks would bring honey cakes to funerals so the deceased could use them to bribe Cerberus at the gates of Hades.

Travis: I'm so glad we actually recorded this episode after dinner.

Teresa: Oh yeah?

Travis: In retrospect. 'Cause you said, like, goat soup, and I was like, oh, I could go for goat soup. But I'm all full.

Teresa: Oh, I'm so full right now.

Travis: But if I was still hungry?

Teresa: [laughs]

Travis: And you went—we might have had to stop recording.

Teresa: Goat stew and honey cakes?

Travis: Yes, honey cakes?

Teresa: [laughs]

Travis: That should be our radio show name. "I'm Goat Stew and this is Honey Cakes! [imitates electric guitar] In the mornings!" You'd be Honey Cakes.

Teresa: I—okay, great.

Travis: I'm Goat Stewart is my full name.

Teresa: I see.

Travis: But yeah, it's short. 'Cause I'm the GOAT... stew.

Teresa: Food provided by the community was also essential among the German and British colonists when attending funerals. In colonial America, people provided mourners with molasses cookies and beer to eat on the way to the graveyard, and this was meant as a form of, like, communion, to send off the dead. And the cookies would often be stamped with a cross or a heart or a cherub to provide recognition for the occasion. We've also seen this in Great Britain in the Regency era and before with, like, funeral cookies that are served after funeral banquets.

Travis: Some version of this—like, there are many things that we talk about that kind of seem to defy cultural boundaries, right? Where it's like, they

were doing it, but also they were doing it, and they were doing it. Because it's like, yeah, this is a thing that just makes sense, like boats. You know what I mean?

Teresa: Yeah.

Travis: They might've been different versions of boats, but it's like, we gotta get across this water. We need something that floats, right? So the idea of, like, you have had a loss in your family. And the idea of, like, your husband died this morning, and then you're like, "Now, what am I gonna make for dinner?"

Right? Everybody kind of gets, like, this is something I can do for you so that you don't have to think about it. It just, like, is one of those things that makes complete sense that this would kind of come to them as a thought, you know?

Teresa: And some of the most staple foods that we think of when we think of certain cultures are actually their funeral foods. For example, jambalaya is a staple at Cajun funerals, and standard Southern comfort foods we think of, like macaroni and cheese and fried chicken are essential dishes that can provide multiple servings if someone needs help with serving people. Right? It's the same reason casseroles are so big in the Midwest, and funeral potatoes are an example of a signature dish put together to feed multiple people at after-funeral dinners in the Mormon faith.

Travis: Is that a specific recipe, funeral potatoes?

Teresa: Um, I—

Travis: Or just like, a potato dish at a funeral?

Teresa: I think that there are some specific recipes labeled funeral potatoes.

Travis: I hope it involves, like, some dark—maybe dark purple food coloring.

Teresa: No.

Travis: And you carve 'em—

Teresa: [simultaneously] Probably not.

Travis: —like little—no, I'm actually probably being incredibly insensitive right now. But I'm saying that I could also see these being served at a Halloween party. Okay, go on.

Teresa: Okay. So—

Travis: Oh, gravy yard! And you—like, you make your graveyard with the potatoes and then—but there's, like, gravy. Ooh.

Teresa: It's not always funerals, right? Like I said before, sometimes people need to be fed because they had a new baby or a surgery to recover from, like my mom.

Travis: Or a job loss.

Teresa: Yeah.

Travis: That happens a lot too, you know. Something—basically—or, like, a fire, you know? Anything hugely disruptive to someone's life.

Teresa: And people have been bringing food to sick people for a very long time. We have records from the 12th century that chicken soup was not only brought to the sick to ease their suffering, but it was kind of being prescribed. I think that there's a Sawbones on that.

Travis: One time a woman here, a family in, like, the theater arts community had a baby, and, like, I signed up for a meal train for her and the family. And Bebe and Dot were very curious about this, and I was explaining meal trains for them. And Bebe was like, "Will that happen for me?"

And I was like, "Do you plan on having a kid?"

And she was like, "Well, I don't know. But maybe, like, I've moved to a new town and gotten a new job."

And I was like, "Yeah, if you know people there and they're people that do it they'll do it for you." And I was like, "What job do you have?"

And she said, "Designing costumes for Taylor Swift."

And I was like, "Oh!"

Teresa: So specific!

Travis: "Okay. Cool, man. If you're Taylor Swift's costume designer, you're probably not gonna get people being like, 'We should really help her out.' I think you're probably supporting yourself well enough that—"

And she was like, "Well then maybe I'll just have a baby."

Teresa: [laughs]

Travis: And so I don't know if she fully grasped that, like, having—you don't have a baby because you want people to make food for you. That's a kind of backward way—

Teresa: [simultaneously] It's just a perk.

Travis: Yeah.

Teresa: Anyway. Let's come all the way back up to actual meal train, okay?

Travis: Okay. But first, let's hop on board this train to a word from another Max Fun show.

Teresa: Alright!

Travis: All aboard? Choo choo.

Teresa: [laughs]

[theme music plays]

Travis: Hey, we're back. I can't believe we've made it this far and I just realized, like, "Chew chew," but, like, C-H-E-W.

Teresa: Wow!

Travis: Like a meal train, chew chew? Okay.

Teresa: Okay.

Travis: Okay. Just... you all can use that in your meal trains at home. Like, when you send the email to all your friends like, "We're putting together a meal train. Chew chew!" You can use that. That one's free.

Teresa: So kind and benevolent of you.

Travis: Yeah. I get a dollar every time you do, so it's not free, I guess? But it's yours.

Teresa: Okay. So I'm sure that everybody's moms and grandmas and families have a way of, like—been doing this, right? But the word "meal train," right? Seems to have only really popped up in the 21st century.

Travis: We love naming things.

Teresa: We sure do.

Travis: Well, it's because of hashtags.

Teresa: Maybe.

Travis: People want to be able to talk about things in easy—easily categorizable—yeah!—ways.

Teresa: In 2009, an LLC was formed by Michael Laramée and Stephen DePasquale Jr. named Meal Train LLC. It was made for Michael's wife Kathleen, who volunteered to organize meal deliveries for a friend who was welcoming a new baby! So, Kathleen was under a lot—

Travis: Welcoming a new baby like she was having a baby. Not like a baby was coming to visit.

Teresa: Right.

Travis: And she was like, "Welcome, baby."

Teresa: No. She was having a baby. Any—

Travis: Maybe if it was an important, like, baby king.

Teresa: Maybe.

Travis: You know? I explained this to Bebe that, like, in, you know, the olden days that it was like, Listen, this baby was the person who was gonna take over when the king and queen died. And they would die, and it's like, yeah, this three-year-old's the king now."

And she was like, "What?!"

Teresa: I bet she loved that.

Travis: And I think she was picturing, like, a kid's movie style, like, Baby King.

Teresa: [laughs] Yeah.

Travis: I was like, "It didn't really work like that."

Teresa: No.

Travis: With his Baby Wizard.

Teresa: [laughs]

Travis: Fighting Baby Dragons.

Teresa: Anyway, it was complicated, right? Between juggling dropoff dates, friends and family contacts, meal preferences. It was difficult for Kathleen. So Michael called his buddy Stephen, who happened to be a software developer, and the two created mealtrain.com. The site got its first user from a close source: Michael's mother Monica, who organized the first meal train for someone in Berea, Kentucky. And the site went live on January 24th, 2010. Since then, it has helped organize over 61 million meals.

Travis: That's a lot of meals!

Teresa: It's not the only site, though. Now there are several.

Travis: There's mealtrain.org, mealtrain.edu.

Teresa: [laughs] I think they have slightly different—

Travis: [simultaneously] Mealtrain.pizza.

Teresa: —different names.

Travis: Oh, okay.

Teresa: And these sites are really great, because they really walk you through step by step how to organize, and you can literally just send people links to the site for them to sign up on the meal train.

Travis: You know what? Maybe the internet wasn't a mistake.

Teresa: Maybe. If you want to do a meal train for a friend, here is the procedure! First, we gotta identify the recipient in need, right? And make sure you have all of their dietary information. Right? Not just allergies. That's pretty obvious. But also maybe they have food preferences, or dietary needs like they are vegan or vegetarian.

Travis: I'll tell you this right now. If someone were to do a meal train for us and did not take into account the fact that we have children who maybe don't want, I don't know, like, some kind of, you know, exotic kind of option...

Teresa: Well, not even that. They don't really like their food mixed together.

Travis: Yeah.

Teresa: They like it separated. They will eat lots of things.

Travis: They want to see what it is. I get that.

Teresa: They don't want it all swimming around in the same bowl. That's the thing.

Travis: Well, Dot. Bebe's getting—warming up to it. She's [crosstalk].

Teresa: Yeah, she's getting better. But Dot is still young, so.

Travis: But not in a weird way, guys!

Teresa: [laughs]

Travis: She's not weird about it! She's just got preferences.

Teresa: What about religious requirements?

Travis: Sure.

Teresa: Some religions have different food dietary requirements, like kosher, for example. A person on a kosher diet, depending upon how much they follow the kosher diet, could maybe only eat from animals with split hooves, or it has to be packaged and taken care of by someone who is trained and is a certified kosher butcher.

Travis: There's a lot of also about—for pairing it in different ways.

Teresa: Right. And not mixing dairy and meat, and having separate sinks, and all kinds of things, right? So that's an important part of their life. If you're going to supply food for them, you want to take that into account.

Also, like Dottie, preferred foods and dislikes! If someone showed up with a pizza for us and they didn't have one that was just plain cheese, Dottie would say, "I'm having a Nutella sandwich, thank you very much."

Travis: They better have brought Nutella.

Teresa: [laughs] I keep a steady supply.

Travis: Yeah.

Teresa: Also, the number of people in the house, right? And do they have kids? You know, you wouldn't want to bring a single serving brownie for a house with six people in it. That makes total sense. Next, you need to find someone to coordinate. Preferably two people, so that the duties can be split, right? These people are responsible for collecting the information, managing the schedule, and acting as a central point of contact. And I would say that those different websites we talked about, especially meal train, right? Are very helpful in assisting with that.

If you are the coordinator, make sure that you're honest about the time you have to commit, right? Because it's nice to deliver one meal to someone who needs it, right? But if you're going to promise a food train, this means some longevity, right? I would say at least a week that you have to plan for.

Travis: Yeah. I think it's kind of like a lot of things, where you're like, "Hey, everybody. You know, Susan just had a baby. If I organized a meal train, would you all be down for it," right? 'Cause you wouldn't want to commit to the meal train and then find out that nobody else is available to do it. And you're like, "Oop! Guess I'm—she, you know, was eating for two. Now I'm cooking for two. Let's go!"

Teresa: So, like I said, we've got mealtrain.com, takethemameal.com, giveinkind.com. There are lots of resources that will help you with the organization. But the schedule is, right, one of the big things, right? You

take your participants and you clearly explain the purpose of the meal train, the recipient's needs and dietary restrictions, and specific instructions how you want things taken care of, right? The schedule is important because everybody eats at, like, a similar time, right? But if I'm delivering things for breakfast, I want to make sure that they're there ahead of breakfast time, right?

Travis: Yeah. I mean, in an ideal world, it would be something where you're like, "This is all ready to go, and can sit in your refrigerator overnight. Pop it in the oven for 20 minutes in the morning and it's ready to go." Something like that.

Teresa: Exactly. The clearly labeling things is important, right? So, like, a lot of people either write with a Sharpie on the foil, that they would cover up, like, a catering dish, right? One of those, um—those foil pre-made dishes are really great for that.

Travis: Yes, excellent point, too. 'Cause unless—I mean, I guess if you know the person really well and you're like, "I normally see them, like, at least once a month," or whatever. And you're like, "Eh, I can take over a casserole dish and I'll pick it up the next time I'm there."

But otherwise, doing those single use or, you know, quote-unquote "disposable" metal trays and stuff for, like, a casserole, so that way they don't have to worry about getting it back to you. You don't have to worry about getting it back or losing your thing.

Teresa: I mean, they don't have to worry about cleaning it up, either.

Travis: Yeah.

Teresa: Right? You just dispose of it properly. Or they could rinse it and use it again, I guess, if they want to.

Travis: Sure.

Teresa: Make sure that you follow food safety recommendations, right? Because you will be delivering this to a different home, you want to make sure you're not also introducing new pathogens, right?

Travis: Sure.

Teresa: Obviously wash your hands, and make sure that things are kept either, you know, in the safe zone, right? Refrigerated below 38 degrees, I believe.

Travis: Or over 360.

Teresa: Or over—

Travis: No, that's not what it is.

Teresa: Oh.

Travis: You do have to cook it to a certain temperature, I just don't know what it—I had to do food handling, like, three different times in my life.

Teresa: And you can't remember?

Travis: I can't remember. Uh...

Teresa: Cook those burgers thoroughly, I guess.

Travis: Yeah.

Teresa: And so, give clear instructions how to reheat or prepare your dish. Like I said, you can attach a note or write it in Sharpie right on there. Making sure that you delineate if this should be stored in the fridge or in the freezer, if it can stay on the counter, especially. Don't miss your coordinated dropoff time! Like I said, because if you are giving them breakfast, you better make sure it's there the night before so that it's ready for breakfast and you don't have to drop it off at 5 AM, right?

Travis: Also, can't stress enough, I know we kind of touched on this at the beginning. But, like, you could go to the grocery store and get, like, a fried chicken that's already friend and, like, a bag of, you know, rolls and, you know, veggies and stuff, like, all pre-made.

Teresa: Absolutely.

Travis: There is, I don't think, an expectation of, like, a home-cooked meal from scratch, right?

Teresa: Well, not only that, but like, beverages are nice. Coffee, juice, Gatorade, things like that. If you are giving food to people who don't normally cook, maybe what they really want are a couple boxes of cereal and milk, right? It doesn't have to be a big production. You know? I think that if I were requesting a meal train for us, I'd make sure that there was a bag of apples, because our kids seem to go through, like, three apples a day.

Travis: See, I would say a cheesecake. But that's for me. That's...

Teresa: [laughs]

Travis: ... maybe where you and I are different.

Teresa: Alright. Don't think that, like I said before, if you don't cook, that that's a problem. You could even just organize having pizza delivered, right? I know that we talked about how people would often share a meal, right? During this time. But a meal train isn't really like a company thing. You kind of just drop it off—

Travis: [simultaneously] If anything, I would say—

Teresa: —and go home. So don't be expecting to be invited in for dinner or anything.

Travis: And, in fact, I would say—

Teresa: Just want to make sure that that's clear.

Travis: Yeah. Excuse yourself, right? Because your bringing it to them. They're probably going to feel a bit of an onus to be like "Oh! Uh, yeah!"

And, like, listen. Especially if they've just gone through something, right? Like, don't make them be on for you. Say, like, "No, I'm gonna let you guys get to it. I hope you enjoy the food. I'm thinking about you. Bye!"

And get out!

Teresa: I suppose you could offer to, I don't know, take out their trash or something. But, like, unless they've explicitly said "I need someone to hang out with," it's probably more of a dropoff thing.

Travis: Even then, refuse. Be like, "No, I will not."

No, I'm joking. Don't do that. That would be mean.

Teresa: And like we said, make sure that you support these people, right? Maybe the meal train is how you started hanging out with someone. But maybe check on them later, invite them out for coffee after maybe they've recovered a little bit, or the baby's a little older, or whatever it is, right? The community care doesn't stop with a meal train. It only just begins.

Travis: Community, community... community. I was trying to think of a third funny thing to say, and I couldn't.

Teresa: [laughs] You couldn't think of it.

Travis: Hey, everybody! Thank you for being part of our community. Ah!

Teresa: Nice.

Travis: Thank you to our researcher, Alexx, without whom we could not do this show. Thank you to our editors, Rachel and Gino, without whom we could not do this show. And thank you to you, for listening. Your... listening is like the meals you bring us, and we don't have to do dishes.

Teresa: Ohh!

Travis: Yes, so thank you so much. What else, Teresa?

Teresa: Well, we always thank Brent "brentalfloss" Black for writing our theme music, which is available as a ringtone where those are found. Also, thank you to Bruja Betty Pinup Photography for the cover picture of our fan-run Facebook group, Shmanners Fanners! If you love to give and get excellent advice from other fans, go ahead and join that group today. And, as always, we are taking your topic submissions, your Ask Shmanners questions, your idioms, your biography suggestions. We'd love to hear from you.

Travis: Your darkest confessions.

Teresa: [laughs] Your romance novel recommendations.

Travis: Yeah. Don't send your darkest confessions. Don't put that on Alexx. Alexx doesn't need to deal with that stuff!

Teresa: But send those to shmannerscast@gmail.com and say hi to Alexx, because she reads every single one.

Travis: And that's gonna do it for us, so join us again next week.

Teresa: No RSVP required!

Travis: You've been listening to Shmanners...

Teresa: Manners, shmanners. Get it?

[theme music plays]

[chord]

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