

How Meal Delivery Can Be Scheduled in the Age of Social Distancing?

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In the days and weeks following a loss, preparing food can feel like an overwhelming task. When someone passes away, it is common for friends and family to support those left behind by providing food for those who are grieving. ***In the age of social distancing it can be a little more challenging to get food to someone. Fortunately, in the event you are not able to drop off food yourself, there are many delivery services available.***

In most cities and towns there are local restaurants that will deliver food. You can simply call and schedule an order. There are also many apps available now that allow you to order food from numerous local restaurants and have it delivered to the home of your choice.

If there aren't a lot of restaurants in the area, a quick internet search can give you options of food services that will ship food. While some services may require the recipient to prepare the food themselves, which is often not ideal when someone is grieving, there are options that will ship food already prepared so that it only needs to be reheated.

The great thing about food delivery is that it can be done from any location. So even if you are not able to travel to be with your friend or family member, you can still support them.

Another idea is to have a virtual dinner party in lieu of an in-person visit. Friends or family members can all order food from the same restaurant or prepare the same dish and then schedule a video chat to share the meal together.

Something else to consider when scheduling food delivery is that it can be ongoing. Usually, the large outpouring of support following a loss tends to wane after a week or two. However, that does not mean that grief goes away. In fact, it can be even more important to provide support several weeks or even months down the road. One thing you can do is set up a meal delivery calendar where friends and family members can choose a day to provide a meal. This way, the person will continue to get ongoing support from loved ones for some time.

Whatever you decide to do, know that your show of support will be very valuable for your grieving friends or family.