



# Meal Kit Services

## What are meal kit services?

- Subscription-based services that deliver either fully prepared meals or pre-packaged and measured ingredients with recipes to your home
- Customers choose a plan and select meals online, receive their boxes weekly with fresh ingredients, and cook or re-heat and enjoy!

## Features

- Sign up for an account online to provide address and billing information
- Choose number of servings (2 to 6/meal) and meals (up to 6/week)
- Choose specific meals on a weekly basis from a rotating menu
- Customize your meals with substitutions if needed
- Skip a week or pause deliveries, cancel anytime



## Pros

- May be covered by insurance
- Save time and money
- Eat healthier
- Avoid the grocery store
- Reduce food waste
- Order for others

## Cons

- Can be expensive
- Limited options & availability
- Delivery problems
- Repetitive menus
- Limited food substitution

## Considerations for Choosing a Service

- Cost per serving
- Delivery fee and cancellation policy
- Menu size, variety, and flexibility