

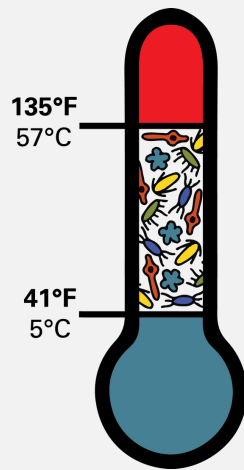


MEAL DELIVERY KITS

Meal delivery kits sent straight to your home are popular and convenient but offer less control over factors such as the freshness of ingredients and the storage and temperature of the food as it is in transit to your home. The key is being aware of the potential risks, taking steps to minimize risk and knowing when to just not eat something. Read these guidelines before receiving and preparing your next meal box.

DELIVERY TIPS

- Schedule your meal delivery kits on a day you know you or someone else will be home to store the food as soon as possible.
- Inspect box upon arrival for any damage such as holes, tears, signs of pests and temperature abuse.
- Use an infrared thermometer or verified digital thermometer to know the food temperature when it arrives.
- Work with the food company to deliver your box in a place in the shade and out of the sun to maintain the cold temperature longer.



MINIMIZING RISK

- Harmful bacteria grow fastest in the Temperature Danger Zone, between 41°F and 135°F.
- Perishable foods such as those containing animal products, pre-cooked vegetables and grains and cut melons, tomatoes or leafy greens should be tossed after four hours at room temperature.
- Know how long your food is in transit and the temperature when it arrives.

COOKING FOOD AT HOME

- Not every meal delivery service provides food safety information.
- Follow best food safety practices when preparing meals, such as safely thawing frozen products, cooking to the proper internal temperature, preventing cross-contamination and practicing good personal hygiene.

RECALLS AND OUTBREAKS

- Pay special attention to any recent recalls and outbreaks with the food products in your meal kits since the batch number may not be present on the packaging and may be difficult to identify if it's part of the recall/outbreak.
- Avoid any produce in questions if you do not have plans of thoroughly cooking it.