

# ORDERING MEAL KITS?

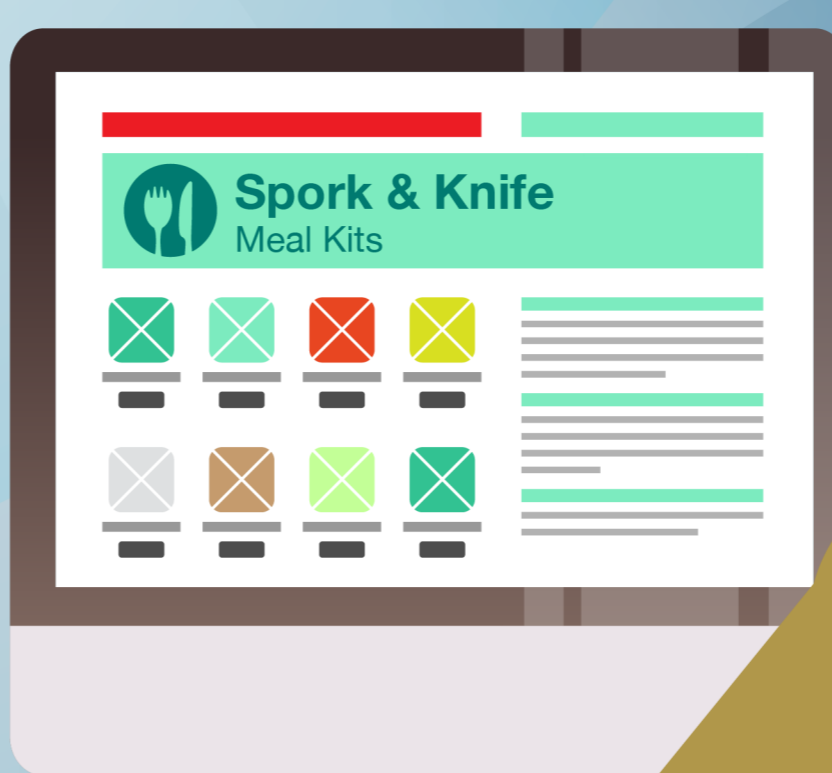
Remember these **5** safety tips:

Meal kits delivered to your door arrive with premeasured, perishable ingredients. Fresh, well packaged food at the right temperatures should be safe to eat.



## 1. RESEARCH COMPANIES BEFORE YOU BUY.

Order from responsive, trusted companies.



## 2. TRACK PACKAGES STRAIGHT TO YOUR DOOR.

Food spoils if it sits too long on trucks or doorsteps.

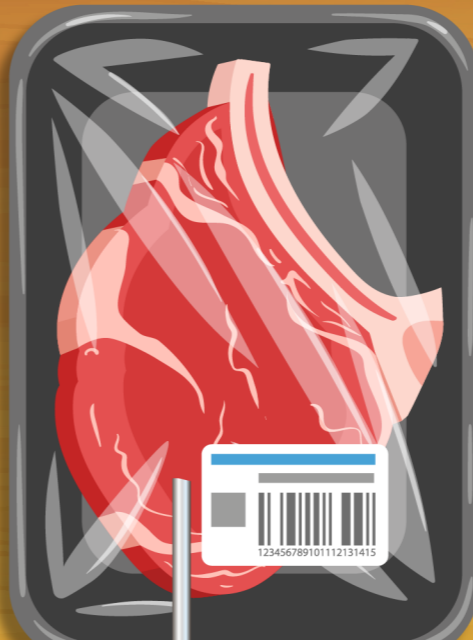
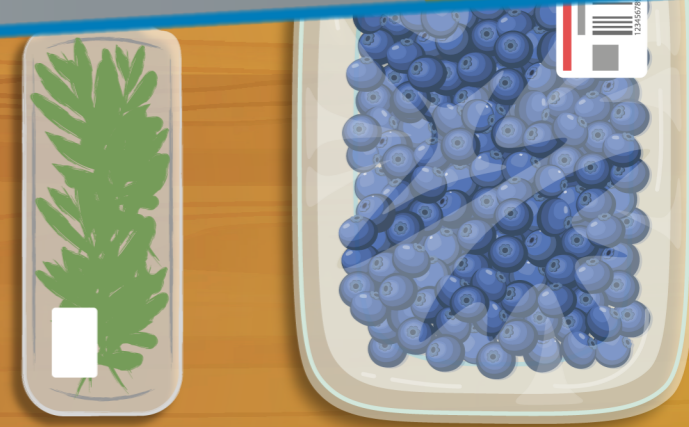
## 3. INSPECT FOR DAMAGE TO THE BOX.

Food in wet, ripped, torn, or dirty packages might not be safe to eat.



## 4. LOOK FOR CROSS-CONTAMINATION.

Items should be individually packaged and NOT leaking.



## 5. CHECK IF COLD FOODS ARE RECEIVED COLD, E.G., MEAT AND FISH.

Check for safe temperatures on arrival—frozen or partially frozen meat, cold fruits and vegetables.



Below 40° Fahrenheit for meat and fish.



If meat, fish, fruits, and vegetables don't arrive at safe temperatures, toss them in the trash to avoid getting sick.



## FOOD SAFETY FIRST.

Before eating food from a meal kit, make sure it's fresh, well packaged, and kept at the right temperatures.

For more information visit [www.FDA.gov](http://www.FDA.gov)

