

Meal Delivery Kit

Meal kits are packages of food delivered to your home for you to prepare a full meal. Most kits take 15-45 minutes to prepare, much of the prep is already done for you, depending on which package you choose (sometimes higher cost for less prep on your part). The idea is you pick your meals online and the kits are delivered to your home ready for you to make that evening or shortly after the delivery. This option can be quick and easy and takes the thought out of “what do I cook tonight”. It can also be pricey, but generally not more expensive than eating out.

There are a few options in our region to check out. Most offer some sort of discount when you start out.

Here are a few of the options in no particular order:

Good food - <https://www.makegoodfood.ca/en/home>

Miss Fresh - <https://www.missfresh.com/en>

Chefs plate - <https://www.chefsplate.com/>

Hello Fresh - <https://www.hellofresh.ca/>

Yumm - <https://www.yumm.ca/en/home>



The people at HowtoSaveMoney.ca did a review of which meal kits are the best bang for your buck. Check it out here:

https://www.howtosavemoney.ca/food-box-canada-review?utm_source=aweber&utm_medium=email&utm_campaign=newsletter&utm_content=2019.08.01-4