



## What Is Freshly?

Freshly provides pre-made meals delivered directly to your door. The meals are already cooked; just heat and eat.

## Sign Up

- #1** - In your web browser, go to [freshly.com](https://freshly.com). You can also sign up and manage your account on the Freshly app.
- #2** - Enter your email address and zip code.
- #3** - Select a delivery date from the available list.
- #4** - Select the meals you would like to receive and press **Next**.
- #5** - Enter your shipping information and press **Next**.
- #6** - Enter your payment information and press **Submit Order**.

## Freshly Discounts

Freshly offers discounts or promotional codes on their Facebook and Instagram pages. A student discount is available, but military and senior discounts are not offered at this time.

## Dietary Needs or Restrictions

At this time Freshly does not tailor plans to specific diets, dietary restrictions, or allergens. Meals may contain some of the major food allergens: milk, eggs, fish, shellfish, tree nuts, and soy. Press on any meal listed on Freshly's website or app to check the ingredients and locate any possible allergens. This information is also listed on the physical label of the meal. None of the meals contain peanuts or wheat products.



## Canceling or Skipping Deliveries

Once you're signed in to your subscription, head over to your Deliveries and scroll down to the orders you want to skip. Press the **Skip Week** button.

If you'd like to cancel, head over to **Settings** by pressing on the icon in the top right-hand corner. You'll see a **Cancel Subscription** link under **My Subscription**, just above **Account Details**. Answer the questions about why you're canceling and confirm the cancellation.

## Other Questions

For additional information or questions, call (844) 373-7459 or go to [Freshly's Help Center](#). You can also view this [step-by-step video guide](#).