



What Is HelloFresh?

HelloFresh is a meal kit delivery service with customizable menus that are delivered weekly with sustainable packaging and easy-to-follow recipes. HelloFresh offers various options that can meet dietary needs and preferences with no commitment required, allowing users to skip weeks or plan ahead up to four weeks in advance.

Sign Up

- #1** - In your web browser, go to hellofresh.com.
- #2** - Press **Get 14 Free Meals**.
- #3** - Choose your preferences and customize your plan.
- #4** - Enter your email address and press **Continue**.
- #5** - Create a password and press **Continue**.
- #6** - Enter your shipping information and continue to the next step.
- #7** - Enter your payment information and press **Place Order & Select Meals**.

You can also sign up and manage the plan through the HelloFresh App.

Manage Meal Delivery

- #1** - Login to your account.
- #2** - Press **My Menu**.
- #3** - Select the delivery day of the week you'd like to skip, then press **Edit Delivery**.
- #4** - When the 'Manage Your Delivery' banner appears, press **Skip This Week**

Submit your intent to skip by 11:59pm PST 5 days before your next scheduled delivery so the supplier can be notified.



HelloFresh Discounts

You can use referral codes from friends and family or take advantage of any promotions HelloFresh is offering.

Plan Sizes

HelloFresh offers plans that feed two people or four people. Many single-person households choose the 3-meal plan for 2 people. Not only are the meals perfect to share with friends, but they also make for a delicious lunch the next day.

Dietary Needs or Restrictions

HelloFresh offers meal plans for a wide variety of dietary needs that include vegetarian/vegan, pescatarian, and more. You can manage the ingredients included in your meal plans to account for your personal preferences or allergens. HelloFresh's Nutrition Team, which has dietitians, reviews every ingredient for any of 8 major allergens: wheat, milk, soy, eggs, tree nuts, peanuts, fish, and shellfish.

Other Questions

For additional information or questions, you can call (646) 846-3663 or go to the HelloFresh [Help Center](#).