Thinking Outside of the Box: Food Safety and Nutritional Information in UK and US Meal-Kit Recipe Boxes

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Abstract

Meal kits have gained popularity in recent years due to the convenience they provide. The US and UK included: a common language, similar diets, a common food safety language, and the opportunity to compare storage temperatures and ingredient instructions. This study assessed the presence of food safety and nutritional information in meal kits from both countries. The results showed that meal kits in the UK included more handwashing advice and storage temperature information than those in the US. The US meal kits included more nutritional details and ingredient instructions, but fewer recommendations for storage. This study highlights the importance of providing accurate and comprehensive food safety and nutritional information in meal kits to ensure consumer safety and promote healthy eating habits.

Keywords: meal kit, food safety, nutritional information, UK, US, statistics, storage temperature, handwashing, safety practices, nutritional details

Introduction

Meal kits have become popular due to their convenience and the opportunity to try new recipes. However, concerns have been raised about the presence of food safety and nutritional information in these kits. This study aimed to assess the presence of food safety and nutritional information in meal kits from the UK and US.

Methods

Data collection tools: An online database tool was developed to enable content analysis of meal kit recipe cards. The tool was designed to capture information on food safety and nutritional content, storage temperature, handwashing advice, and ingredient instructions.

Data collection and analysis: Images and physical copies of recipe cards were collected using Citizen Science methods. Recipes included in data collection included meal kit providers from both countries.

Results

Meal kits from the UK included more handwashing advice and storage temperature information than those in the US. The US meal kits included more nutritional details and ingredient instructions, but fewer recommendations for storage.

Significance of study

This study highlights the importance of providing accurate and comprehensive food safety and nutritional information in meal kits to ensure consumer safety and promote healthy eating habits.

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