



WE ARE HERE FOR YOU CANBERRA & QUEANBEYAN

We are here for you in this time of uncertainty. Our number one priority is our staff and customer safety. As always, we are committed to following strict food safety practices which includes disinfecting surfaces and utensils multiple times per day, as well as adhering to strict hand washing and glove protocols.

We will continue to provide Canberra and Queanbeyan with fresh meals week after week. We will keep you up to date with any changes made to any meals or service options.

SUNDAY DELIVERY

Due to the escalating situation surrounding COVID-19 and for the safety of our staff and customers, for the foreseeable future we will no longer offer Sunday pickups. We will instead be replacing it with a Sunday delivery option. For the time being, this delivery option will be limited in capacity & will be turned off at checkout once the limit has been reached. Monday deliveries will remain unlimited and continue as per normal.

Sunday deliveries will be from 12.30pm until approximately 6.00pm to your home or workplace. Sunday delivery will be \$5 for orders over \$80 and \$10 for all orders under \$80. Monday deliveries for all orders over \$80 remain FREE of charge.

We apologise for any inconvenience caused. These changes are temporary and we hope to be returning to our normal operations as soon as we possibly can.

FRESH PRODUCE

We have amazing local suppliers that we work with every week. There is currently a nationwide shortage on broccoli and green beans. For the coming weeks, in addition to our usual broccoli and bean mix, we will be adding pumpkin to our meals with veggie sides. Again, this is a temporary measure and we hope to be returning to our normal operations as soon as we possibly can. We will keep you informed with any other changes that we may make to menu items due to potential supply issues over the coming weeks and months.

THANK YOU

Lastly, THANK YOU! To all of our amazing customers, we will miss seeing you on Sunday pickups, even though it's just for the time being. Thank you for all your support to our local business in this very strange time. If you ever have any concerns or need to contact us, we are always available via email info@gymmealsdirect.com.au or DM us on Instagram.

We wish you and your family great health and to stay safe.

Kind Regards,

Hesh, Mick & the entire GMD team.