

"Compassion is always important, but is especially so during times like these. Show the humans you love extra generosity this week and it will come back around to you!"

~ Julia Simon

Happiest delivery day!

Here's what you can freeze this week (not all items listed may be included in your order):

- Moussaka
- Stuffed Sweet Potatoes
- Chowder
- Lebanese Lentil Soup
- Ranchero Add-On
- Poke Bowl
- Avocado Ranch
- Baked Oats
- Green Protein Smoothie
- Seed Milk
- Butternut Mac
- Quinoa-Pepita Pilaf
- Tarts from "The Naked Tart"



Just as a reminder, all of your delicious food is best when enjoyed by the Sunday following your delivery. You'll want to eat your salads within the first five days. Remember that you can extend this date by freezing the items listed above.

Your smoothie or seed milk will need to be shaken well and enjoyed within the first five days of delivery. At the Health Department's request, we have frozen them before delivery. This keeps them fresher, longer! We have some upcoming changes with our delivery bags and processes and we will keep you updated with a blog post on that whole situation so be sure to check it out! We want to keep things as safe as possible for the time being!

Please return your bags and ice packs! Once your bag is empty, please put the ice packs back in it. Next time you order, just place the bag outside on delivery day and we'll swap it for your full bag. If you know you won't be ordering in the coming weeks, please email us at Info@NourishCharlotte.com and we can pick your bag up from your house. Or, if it's convenient, you can drop your empty bag off at Okra in Plaza Midwood, or Baxter Village Health Center in Fort Mill, SC!

Nourish, LLC

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With loads of appreciation and wishes for joyful eating this week,
STAY SAFE AND BE WELL,
Chef Julia and your Nourish Team

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