

# Get to Know Foodsmart™

Foodsmart is a digital nutrition platform with a variety of tools that make it **easy to eat well!**



## Telenutrition

Our national network of Registered Dietitians are experienced in helping you to overcome your specific challenges to eating well, you reach your health goals.



## Recipes

Our vast database of recipes has plenty for everyone's preferences, time, and budget.



## Grocery List

A digital grocery list is automatically created for your selected recipes.



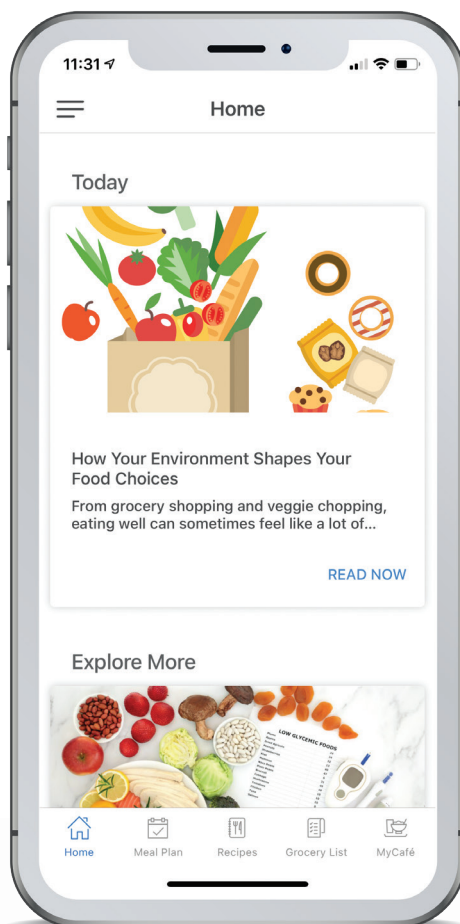
## Online Grocery Ordering

Convert your digital grocery list to an online order, delivered to your door.



## Cook It Now

Recipe recommendations using foods you already have in your kitchen.



## Meal Plan

Get a week of tasty meal plans automatically generated to match your preferences.



## Restaurant Guidance

Find healthy meal options at all of your favorite restaurants.



## Deals

Grocery deals for healthy food from your favorite local stores, directly in the product.



## Marketplace

Pre-portioned meal kits and delicious heat-and-eat meals delivered to your door.



## Favorites

Add your favorite recipes so you can easily find them whenever you want.



## NutriQuiz

See how your eating habits stack up and instantly get personalized tips and recipes.



Access all of these great features **on the Foodsmart app!**



Foodsmart is an employer-provided benefit

