

FAQs

Which retail stores can I find Blue Apron in?

Currently, Blue Apron recipes can be found in select Costco stores in the Pacific Northwest and Bay Area regions. You can find the full list of participating Costco locations [here](#). Check back here for details on additional retailers in the upcoming months.

I threw away the band, where can I find the recipe for my Blue Apron meal?

You can find recipes for the current Blue Apron meals online at <http://www.blueapron.com/cooktonight>.

How long will my Blue Apron meal stay fresh?

To ensure our chefs receive the freshest ingredients possible, we pack and ship these recipes just in time for delivery to your local Costco. The recipes contain fresh produce and other perishable ingredients that should remain refrigerated after purchase. For optimal freshness, we advise that you prepare the recipe before the 'Best Before' date found on your box.

What if I have an issue with my box?

We are here to help you to resolve any issues. You can email us at questions@blueapron.com or call us at (646) 759-4349 to speak with one of our representatives, or return the meal to your local Costco store for a refund.

Is the packaging recyclable?

Yes, our tray is 100% compostable and the lid and band are 100% recyclable.

Do you provide nutritional and calorie information?

We always want our chefs to be able to make an informed decision when considering cooking with us, so we provide comprehensive nutritional and calorie labels on the band at the bottom of your box. These labels include a full ingredient list and helpful nutrition information, including the 8 major U.S. allergens, sugars, and total fat, as well as a list of nutrients and daily values.

Because every chef's style of cooking differs, the caloric values of prepared meals may vary slightly from the estimated amount depending on the amount of certain ingredients (such as olive oil and salt) used in the process.

Where do you source your ingredients?

We take pride in sourcing the highest-quality ingredients from our network of farmers and ranchers.

Our farmers and ranchers raise animals with care and respect and without added hormones or sub-therapeutic antibiotics (which are often given to animals that aren't sick). Our animals only receive antibiotics in the rare event that their welfare requires it.

In addition, all our ingredients are non-Genetically Modified Organisms (GMO). To ensure that we do not source GMOs, we require that our suppliers certify to us that their products, and their ingredients, were not produced using genetic engineering.

How is my Costco Blue Apron meal different than what I receive from Blue Apron's online service?

Our retail offering is a single recipe that serves four people, with pre-portioned ingredients and step-by-step instructions. The recipes focus on ease of preparation, with two recipes currently available in select Costco stores.

With our online subscription, chefs have the opportunity to skip the hustle and bustle of the grocery store by having their meals delivered right to their door. We offer additional choice and variety, with a different and larger recipe assortment that rotates weekly and can serve two or four people. In addition, with simple account management and personalized recommendations, weekly meal planning is easy.

How does Blue Apron's online service work?

Blue Apron is a fresh ingredient and recipe delivery service that helps chefs of all levels cook incredible meals at home. We take care of the menu planning and shopping (providing you with fresh, locally sourced ingredients in pre-portioned quantities), so all you have to do is cook and enjoy.

We offer 2 plan options (detailed below) with no commitments or fees. Plus, you can choose to skip your orders up to 5 weeks in advance or cancel at any time.

2-Person Plan

- Our 2-Person Plan consists of 2 or 3 recipes perfectly portioned for 2 people, and is delivered to you once a week.
- You can choose from 8 unique recipe options created by our Culinary team each week.

4-Person Plan

- Our 4-Person Plan is perfect for feeding a family of 4 and consists of 2, 3, or 4 delicious recipes delivered to your door each week.
- Depending on the plan you choose, you'll receive either 2, 3, or all 4 recipes created for that week.

Regardless of your plan, Blue Apron teaches you how to cook new recipes that you may not have tried before, introduces you to seasonal, farm-fresh ingredients and reduces food waste. If you'd like to start cooking with us or learn more about our plans, [click here](#) to get started!

How can I sign up to get Blue Apron meals at home?

You can sign up for our weekly subscription service [here](#). Follow the instructions in the sign-up process to select your plan, dietary selections, delivery address, and delivery date.