

FRESH vs. FROZEN HOME DELIVERED MEALS

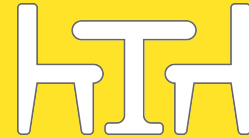
Which is more nutritious?

FARM TO TABLE

BEST



Food that goes from the **FARM** directly to your **TABLE** is the most nutritious!



FROZEN MEALS

BETTER



The quick-freeze process **LOCKS** in the high levels of nutrients. This is true for both meats and produce.



Frozen produce is harvested at peak ripeness and contains **HIGH LEVELS** of vitamins, minerals, and antioxidants.



SPECIALY DESIGNED DELIVERY TRUCKS keep meals frozen in transport so nutrients and food safety are not compromised.

GA Foods delivers meals **DIRECTLY TO YOUR FREEZER**, ensuring the nutrient integrity from harvest to your home.



FRESH CHILLED

NOT SO GOOD



Produce that is picked before peak ripeness, **DOES NOT** allow nutrients to develop to full potential.

Light and heat during transportation and storage causes more nutrient loss.



Chilling foods **DOES NOT** protect from further nutrient deterioration.



Shipped using FedEx or UPS in **HOT** trucks.

Heavy boxes of food dropped off at your door are exposed to food safety concerns and further nutrient compromise, even if placed in cooler.

