

Meal Kits: Are They Worth It?

Cost Comparison Tool

In the table below, pricing is broken down for either a two-person or four-person family. Examine the table and then answer the following questions.

Pricing Comparison for Average Meal Kit Delivery Services					
2-Person Plan			4-Person Plan		
Recipes	Price/Serving	Weekly Total	Recipes	Price/Serving	Weekly Total
2	\$10.99	\$43.96	2	\$10.99	\$87.92
3	\$9.99	\$59.94	3	\$9.99	\$119.88
4	\$8.99	\$71.92	4	\$8.99	\$143.84

*Additional shipping charges may apply

**Prices are estimations and may vary between meal kit delivery services.

1. Do you typically spend more or less on groceries each week?
2. How do these costs compare to your family dining out at a restaurant in your community?
3. Despite the costs, would your family benefit from purchasing meal kits from a delivery service?