Live captioning by Ai-Media

MARY-KATE WELLS:
Welcome everyone. Thank you for joining us today. I will give folks a couple of seconds to logon. Awesome.

So as I see the number of folks joining us advice, I just wanted to start with a few housekeeping and accessibility notes. So, thank you also much for joining us today for a community conversation about fresh, accessible and affordable meal solution. Our goal today is to start a conversation with you all to learn what is working, what is the work that you are doing at CIL and what are any barriers you are facing in terms of food access?

We are excited to offer this webinar today in partnership with Hello Fresh, so you can see that Emily is on speed. And I will be giving an introduction in a minute. To introduce Emily from Hello Fresh.

Just a few housekeeping. We want to hear from you today! So we have public chat on. Please let us know at any time if the chapter becomes an accessibility issue for you, and we would be happy to switch that to panelist only.

We have closed captions available today. Captions are available, if you go to "Show subtitle" in your Zoom menu. We also have captions running on an external page, Jenny will put that in a chat. You can use this link to access the a Ai-Media captioning and adjust the size, font, colour, and all of that.

We also have ASL interpreters present today and they should always be visible. Please let us know at any time if you are unable to see the interpreters and we will stop and troubleshoot with you.

As I mentioned, we want this to be as engaging as we can today. So, please feel free to use the chat box, or the Q&A, we will have plenty of time at the end of the conversation and flew up.

So let's jump right in! Alright. So, today we are kind of starting this conversation about disability in food insecurity. So this is going to be a high-level, kind of introduction. This is not going to be an in-depth training or anything about food insecurity but more so just starting the conversation and seeing what this looks like.

Just to we all are kind of using the same terminology, food insecurity is when people do not have enough food to eat and do not know where their next meal will come from. Around 13% of the US households were food insecure at some point during 2022.

You know, for the culvert 19 pandemic it has legally heightened our awareness about food insecurity and gaps in our existing programs. It also highlighted how disability is a risk factor force food insecurity. So, if you are a statistics person, households with adults with disabilities report higher rates of food insecurity. That translates into up to one in four households of people with disabilities. So that is a lot of folks. And I am sure at your centres, you are working with consumers and food insecurity might be a challenge.

I think I went too farâ€¦ Give me one secondâ€¦

Alright. So on this slide, that is text as I will beat. We also just have an image of an assortment of fruits and vegetables, with a lot of different colours. So we know that you all that have joined us today, Center for Independent Living, can and do support people with disabilities and access for fresh, affordable and accessible meal solutions. On the screen is some different ways that we have held that centres do this.

But I would also love to hear from you all. What, if there are other programs or offerings that you are doing at your centre and your state. So as I read off the list, if you have any other programs or strategies that you used to address food insecurity with your consumers, please put it in the chapter.

So some ways that some centres help with food insecurity is helping consumers access food assistance programs or benefits. A lot of centres do nutritional health and adaptive cooking classes. Personal care assistance programs, and connecting with homemaking services. I know that is called something different in every state, but you know, preparing food and eating is an essential function of our daily lives. So this complaint a very critical of all in making sure that people have the personal care assistance that they need.

Adaptive kitchen equipment or technology, I know home modification has a big program lately. You know, making sure that the kitchen is accessible to individuals needs.

A new one, but something we are seeing more and more is the use of smart home technology. And how that can really enhance folks independent and safety, in the kitchen. I will admit, a person that has forgotten to turn the oven off, due to my disability. So I set reminders all the time in my kitchen, with my Amazon and exit device. Just to tell me, you know, in 15 or 20 minutes you should turn off the oven. So there is a lot of potential there.

I do not know if anybody else uses thatâ€¦ And then, centres always do a lot of systems advocacy and individual advocacy work on food access. We have the impact of the individual centres and CIL's, but I know you are all working on some really important stuff in your community and state.

So I just wanted to pause and give folks an opportunity to put in the chart if there are other programs or initiatives that you all your centres are working on, to address food insecurity. I will give you a couple more seconds. OK. Awesome.

Somebody put in the chat "We refer to Northern IL food bank" so having connections with food banks are other food resources in your community. Great, Jenny put the question in the chat. Yes. I want to start hearing you all thinking, just so that we can share. Because we have folks from all across the country and we are all looking for different solutions.

Kevin, says "They refer to the food bike," they say that the food bank actually delivers in the community which is very helpful to folks without access to transportation or for human transportation is a challenge.

In the chat somebody says "At our CIL's recovery Centre we have a pantry at all three locations that are accessible to make sure that people have food. If we do not have the resources we were fed to food banks." Awesome. That is really cool.

And Marion says "Agreement with farmers market sold fresh produce is more available." Awesome. Yes. And the cool thing about farmers markets or community-based food banks is that the building those partnerships, it is local and familiar to folks in the community and you can get more engaged that way.

Feel free to continue putting stuff in the chat. We also know, and I am probably speaking to the crowd covered that there are a lot of barriers to affordable and accessible food. Some locations often more rural, other geographical areas, do not have access to grocery stores and farmers markets, you might only have access to convenience all small food markets. You also know that not all communities have affordable actions to access food in terms of going to the store.

I think we have seen that a lot with COVID 19. With devising price, of food, I know my grocery bill is quite a bit higher than it was before COVID. I am sorry about the slides. They are a little bit touchy today.

We also know that there is a lack of resources. I know some people in the chat that they referred to the food banks but not all communities have access to food banks or other resources. We also know that centres are just lacking funding. We are always advocating for more funding to help support consumers, to live more independently and meted out goals. Part of that is the ability to have access to fish and affordable food.

Jill Vyn -- During COVID 19, we have learned that there is a lot of gaps in food assistance programs from a systems level. So whether that is different policies on age requirements, benefit status, and some other issues.

For a lot of folks with disabilities, sometimes kitchens are not acceptable. It probably works with a lot of different consumers for our own personal experience of having to adapt and figure out what works for you, for an accessible kitchen. I know for me, due to my disability I have had an adapted, I used our Assistive Technology program, I live in Massachusetts, to kind of figure out what tools I needed to be able to live on my own and do my meal prep and everything.

Alright. So, I am going to pause for one second I just look at the checkbox to make sure that we vetoed. Someone also mentions that they referred to different food distributions on different days. And we assist with applying for -- Cal Fresh - the California food assistance program. John says "We connect with our local food banks and help people involved in supplemental food assistance programs. We also allow a farmers markets to use our lawn during the late summer season." That is cool! I am curious what state you are from, John?

Daniel said "I was sent to just look into a new program called the food box program. Here in Central Valley." John said he is from Northeast Indiana.

Debbie said that "We have a small food pantry to help other consumers with a little bit to supplement. We also help when people come in and they are asking for services and are hungry." Awesome. And Debbie also added that they have a full year grant from United Way, and can offer one or both of the order per consumer per year. Awesome!

And that is a great segue into our kind ofâ€¦ Before we jump into introducing Emily, about what are some of those community resources and funding opportunities. So Debbie said that they partner with United Way, that is definitely one way to address some of the food insecurity. Somebody else mentioned the Snap program. Supplemental nutrition assistance program. There is WICK (?) which is the women and children and infants program. I know a lot of services for federal school-based programs or community pantries, soup kitchens are hot meal locations, and it depends where you live what the name of those are called.

There is community supported agriculture programs. Which often partner with farmers markets. But that is actually anyone. I just learned about the community supported agriculture. So if you Google data and put that in Google, the apartment of agriculture has an entire list of community supported agriculture programs posted. So it is pretty cool.

There is also senior nutrition programs. So something for you are out there to consider. Those centres serve folks of any age.

Sometimes I feel like we might forget that there is this targeted funding service, funding opportunities and programs for specific age groups and demographics. So there is a lot of money out therefore nutrition programs, so that is definitely something you may want to check out in your community as another resource.

The same thing the public health departments. And disaster emergency related programs. So you know, I know we all are experiencing an increase of disasters for emergency situations. So having those connections to make sure that people feel food secure when that event happened.

Alright. So, I am just going to pause for the check, before turning it over to Emily to talk about another resource that you can take advantage of. We are excited to partner with Hello Fresh, NCIL members will get a special discount code that we will talk a little bit more about.

I am looking in the chapter, and we have some other programs, one said local health improvement coalition, (indiscernible) has a food access a life map. Debbie said they created a food bank list, in two of the counties that they service so that consumers can go to the area in which they live. That is awesome!

Debbie also said a church in our area just began their program where they serve breakfast and lunch. It is a small cafÃ© and it is a pay if you can system. Awesome.

So it seems, Debbie, that you are very familiar with the community resources. And where your centre is. And that is a big part of it. It is going to be different in every state, every community.

Lindsay said "If rubies Petri is available in people's estate area it is very helpful. $25 to anyone for a larger share of food that might otherwise go to waste." Awesome! And Lindsay put that link in the chat. I have never hold of that. So definitely check that out.

Eric said they have it in central Wisconsin and agreed that it is a great resource. That is why I love having these conversations because it really helps to spark kind of that peer support, and sharing information.

Eric said "Could you share that grant opportunity with the class?" If you could clarify that question. I just want to make sure, I am not 100% sure which party are refering to. But we will come back to that, if you could explain exactly what opportunity you are referring to.

Eric said "United Way, that provided groceries." We will come back to that later on.

So we are always looking for resulted, the NCIL understands that and is trying to develop partnerships to support centres in our community. And you know, you all as chairman wonderful stuff in the chat. And I am going to invite Emily onto the stage. Where she is going to talk a little bit about NCIL's partnership with Hello Fresh, and some available opportunities that you can take advantage of.

So Emily, would you like to turn your camera on, and kick it off?

EMILY ANTIN:
Sure! Can everyone see and hear me?

MARY-KATE WELLS:
Yes, loud and clear.

EMILY ANTIN:
Beautiful. Well, thank you for having me here today. And the NCIL team for organizing this incredible webinar. I am really looking forward to sharing a few of the benefits that Hello Fresh can bring to your table, and hopefully see how we can potentially partner with some of the CIL's in the future.

So just a background on Hello Fresh. Perfect. Thank you. So, a little background of Hello Fresh. We are America's number one meal kit. So, we sent fresh ingredients and everything that you will need, down to the spices, right to your home to make our meals within a six step, 30 minutes or less cooking model. So we really are striving to intimidate any barriers that you might have to fresh ingredients, and bring everything to the comfort of your own home.

As mentioned, all of our ingredients do come individually packaged. And they are actually pretty measured to actually unlimited food waste. We do have 45+ ever-changing menu options weekly. So the goal is to really ensure that we can always offer you, as the CIL, something fresh, no pun intended, in the mix, and make sure that everybody really does look forward to dinner time.

So as I mentioned earlier, all of our meals are made within that six step 30 minutes unless a cooking model. So you will see as you do open up our boxes, you will have recipe card on top. You will learn to cook with ingredients you may not have tried before, take on a new cooking skill, there are many ways to engage with our product.

So as you have seen, this meal is made within a six step, 30 minutes or less cooking model but we do also have quick and easy options which are ready within 15 minutes. Or, some ready to eat options. So really, there is something catering to anyone, whether you do like to cook or have somebody at home who can help you with the cooking, or - and I am so sorry, I just saw in the chapter - or, would prefer just a ready-to-eat option.

I just want to make sure that I can address anything in the chapter. (unknown name), I am so glad to hear that you had a pleasant Hello Fresh experience. And Lucille mentioned...

\*\* Audio issues \*\*

So you definitely want to take into account anybody who may be facing issues into that food insecurity.

MARY-KATE WELLS:
Before you continue, I just wanted to provide a visual description of the recipe card. There are two pictures, one side has the steps and instructions, and the other side has an image of the meal, and what ingredients are included. So I just apologize for jumping in, I just wanted to make sure and I will now hand it back to you.

EMILY ANTIN:
No problem. Please feel free to jump in at any time.

So why are we here today? So, NCIL and Hello Fresh approximate to introduce a unique nutrition benefit. To NCIL's communities nationwide. I will go, like I mentioned, is to provide the fresh and real solution to do what you do not need to head to the grocery store, you do not need to worry about transportation. We are bringing all of those fresh ingredients to you to make sure that we can provide a healthy lifestyle.

We are very confident food to chat and brainstorming different food options throughout the US, that hopefully we can provide you moving forward, with that food solution and make a connective impact together.

One highlight that I really want to mention here is Hello Fresh has a nationwide reach. So understanding that some of you may be in (unknown term), metropolitan areas, or rural areas. So long as your community has a physical address we have the ability to get them a box.

One of the components that I do want to mention here is we do ship everywhere except (indiscernible). And illegal or did have a question about delivering to Hawaii. Right now we do not deliver there but it is on our roadmap.

Again, not merely Kate and myself mentioned with our recipe cards, this is a really great way where we can engage and educate communities on the importance of utilizing fresh ingredients. So whether it is food insecurity, lack of access, or your centres are may be located in a rural area, we really want to take the guesswork out of eating well. And a 45+ ever-changing menu options.

So, how can we work together to help your centres? Making sure that everybody has access, which illuminates the barriers to fresh ingredients and everyone can receive a beautiful box like shown on the right-hand side of the screen?

So, we have two programs that we work with partners on nationwide. Number one is going to be our dropship program. And our dropship program really is very similar to maybe a food bank, or a Meals on Wheels. However, we bring the ingredients invited to you. So need to leave your home. Let's make it super easy.

So this is a surprise and delight experience where we send your community members boxes bikes to their home. So this is really perfect for weekly meal distribution.

So, maybe some of your centres are you know, really facing food insecurity at this time of facing any other barrier. We have worked together and ship those community members a box every single week to really take the stress of eating. Because here Hello Fresh really do believe that we are what we eat.

All we needed to make the deliveries happen is everyone's names, addresses, and dietary preferences. As you can see, Hello Fresh handles all the rest. So we want to make it as easy as possible for you. Plus, it is fresh ingredients, and hopefully everyone can really learn how to cook at the same time.

Secondly, there is a discount code! So often do: members, we will be providing a really great discount code to help everyone to get started with our product at a lower cost. Taking into account, you know, anyone thatâ€¦ I know I saw some SNAP benefits on their, this is just a way for everyone to enjoy the product at a lower-cost because we truly want to help get fresh ingredients in the hands of those that did utilize them the most.

The last component that I really do want to hone in on, on this screen here, is that all of our programs can be individually designed based on your centre's needs. So understanding that maybe some centres like the United Way grant can provide one box per consumer of Hello Fresh. Or, we work with some partners nationwide where we deliver on a weekly basis.

The reason why I mentioned that component is that this is just a high-level overview of the programs. But we want to be able to work with you on a way that suits you best.

Oh, right! So, this is just a small snapshot of our pricing. So, as I mentioned, when you receive a box of Hello Fresh, you will receive all of the ingredients to make them meal, including a teaspoon of garlic powder if you need that. Now, these are our most important box option.

Understanding that most people do cook anywhere from 2 to 4 nights per week. So they start at $65 and go up from there. But, we do offer bulk discounts. So based on what we are looking to put together and to program for your community, we could really customize it as mentioned.

And then, this is just a snapshot of those lucky NCIL members in the crowd today that will be getting their first box for $25. So, this is, again, just a snapshot of our most popular dropship programs and the discount. Oh, right! So, for those NCIL members, I wanted to put in here some fun facts that really will help you to navigate our website, at ease.

So we really want to ensure that we can cater towards more households. And, so, once you do log into an account, I know Mary Kate will be sending a note after the call today, but once you do log in you simply utilize this discount code that we have created, and then you will get that discount from that last slide, up for your first five orders.

Secondly, Hello Fresh's member goes alive for six weeks in advance. So our goal here is to really help everyone plan ahead, save you time, money, and stress, and ensure that as I mentioned, for most of the call today, get the fresh ingredients to everyone.

Understanding based on your allergies, dietary needs, preferences, everyone has different needs, so by clicking into all of our menu options on our website you will see all of the nutritional information, allergens, recommendations, and even download a recipe card which was shown earlier, that two-sided cart.

Our delivery window falls between 8 AM at 8 PM. So whether it is your self that has access to gather the box, a caregiver or a family member, we do deliver between that window and the box will stay fresh on your doorstep for up to 36 hours. So, there is no need to rush. We really have you covered.

Oh, right! So, going off of what Mary Kate mentioned earlier in the call, that Hello Fresh and NCIL have partnered to support all of the centres nationwide communities. In order to offer fresh, nutritious and effortless meal solutions to everybody. This is really ideal, for centres that are looking to embark on a nutrition program. And really, you know, wherever we want to send boxes on a weekly basis, or do a cooking class as was mentioned, there are various ways we can engage together.

So the plan here is after this call, I believe Mary Kate will send my contact information over to you. And you will be able to review the information, choose a program that suits your community best, and then like I mentioned, we will create a customizable offer.

We will educate everyone on how to receive that Hello Fresh and build confidence in the kitchen. And then lastly, you will enjoy our fresh meals moving forward.

As if you do head into the last slide here, I believe you will have my contact information. So feel free to drop that down, connect with me or connect with the NCIL team. My email is e-mail.antin@hellofresh.com, and I hope that we can provide some real to you in the future.

MARY-KATE WELLS:
Thank you. That was really great information. I see some great questions in the chat, very thoughtful questions, thank you for entering those in.

Some of the questions I can answer or discuss in terms of some of the funding options. If you have any specific Hello Fresh questions, please put to those in as well and Emily will answer them.

So, yeah! If you have any questions for Hello Fresh, put them in the chat box, but in the meantime I will open it up to a conversation and reading and answering some of the questions in the chat. Becauseâ€¦ I am just going to get into it!

(Laughter)

The first thing I saw in the chat, twice, is that law that asked "Does Hello Fresh accept EBT as payment? I am on an extremely limited food budget." And somebody else asked "Will Hello Fresh eventually be able to accept (unknown term)?"

Emily, I will turn this question to you but my understanding is that now that is not an option. But it is something that you are all aware of, long-term? I just want to make sure that I give the vital information.

EMILY ANTIN:
That is correct. I see it in the chapter now, sorry. Yes, definitely, you know, something that we are aware of. Not everyone can afford full cost boxes, through this partnership. We have shared information with people about different needs, so we would like to push some of the more systemic advocacy work as well.

MARY-KATE WELLS:
OK. Awesome. OK. So, going into the chat box, there are some great questions from epic. The first one is "One of the ways that we also addressed food insecurity is one of the core services of our skilled trading? We have found that teaching somebody how to meal plan and cook helps people to save money by knowing how to buy in bulk. How to use cost-effective ingredients such as beans, rice and lentils, does Hello Fresh happen to have any grant programs for over nonprofits or CILs to provide cooking workshops and classes?"

Emily, you can answer this as well. For right now, I know that we can offer (indiscernible) discount, and Emily also mentioned that that is the dropship option. If you are planning eight skills training class, a cooking class, this might be an option of using a Hello Fresh box to practice all kind ofâ€¦

I used to work at a centre for youth and I can imagine reading the ingredients cart with young folks, how to read it the instructions and all of that. Right now, I know thatâ€¦ I do not want to speak for Emily, but I know that they are working for the dropship program and a discount code. So what NCIL is doing is starting these conversations to think of other grant opportunities or pilots or other of these resources.

So right now, no. But, this is why we want to have this conversation. Because we want to hear from you. What are the needs, if a grant or cooking classes or workshops, we want that feedback. Soâ€¦

Also I know, a few of the senior leaders in our programs, there are some state and federal funding and grants targeted specifically for seniors. However, a lot of the senior funding is for seniors and people with disabilities. So that might be another avenue of funding that you could look to in your community.

OK. The next question is, one barrier I have also noticed is some of the packages that come from meal delivery companies is the weight of the packaging. I had a consumer I was working with that would have benefited from a service like Hello Fresh, but the boxes are kind of heavy and they struggle to get the box from the port to the kitchen to put away. They have become dependent on neighbours to help them bring it into the house. Is there a way that Hello Fresh is able to tackle this barrier?

That is a great question. Emily, do you have a standard delivery process, or is this something that people could indicate in the delivery instructions?

EMILY ANTIN:
Great question. Because we are shipping fresh ingredients, we do need to really heavily insulate and dry ice the box, just to ensure that the food stays professional transit. So one thing that I would recommend is that some people have after neighbours to help, or family members or caregivers. So I would recommend probably taking that about at the moment just because we are unable to completely remove that, just for your food safety.

MARY-KATE WELLS:
Emily, knew you always use UPS, or does it depend where you live on the delivery provider?

EMILY ANTIN:
That is dependable. We do use major carriers like FedEx and UPS. But we also do have our own carrier network based on your location.

MARY-KATE WELLS:
Awesome. The only reason that I ask is that a consumer could potentially ask or talk to the local FedEx,

\*\* Audio issues \*\*

EMILY ANTIN:
It does take about four years to be approved for the process to accept EBT but it is something that is in the works. So we understand that it would be super helpful, to the nation. So we are working very hard to make that happen.

MARY-KATE WELLS:
Awesome. I just wanted to make sure that I gave the bite answer. OK.

Another question formed the chat, I think this is a comment, "NCIL innovative programming, he fought for Hello Fresh. Many people with disabilities are on Medicare advantage plans. Those plans are offering preloaded credit cards for food. However, their use is typically restricted to national chains like Krogers or Walmart. Perhaps Hello Fresh should see if they can also become one of those vendors?"

That is great feedback. I am sure that Emily will make note of that. That is definitely something we want to do for this partnership. Duplicate the needs and specific ideas to Emily. We do not have a ton of control over what they do but I figure having that information and share it is definitely something we can prioritize. Awesome.

Everett, in the chat, said "I was Centre in Wisconsin would love to be able to test for any of your pilot programs." So I will go back a slight, to make sure that people can get Emily's email address, but we will also be emailed and folks after this webinar so you will have access to it. I know that Emily would be happy to talk about your specific Centre and program options.

Shelly said they would also be interested in trying some of the programs.

So the last question in the chapter, if people have more questions or ideas that they want to share, please keep putting them in the Q&A. I love your questions, I am always a person asking tons of questions, so no worries, Everett says "The first five questions is excellent, but after that the increased cost may be a barrier to getting healthy food from Hello Fresh. Other continuing opportunities to help people in that situation?"

From the programming side, that is where I think I want to use some of this conversation to see what other opportunities in the community, whether it is senior nutrition programs or that Medicare advantage plan, which could support sustaining the program. Right now, Emily, I do not know if you have a specific answer to that any other ideas that folks might use. --

EMILY ANTIN:
Might know we are only able to offer that discount code, but hopefully we can work on lower-cost options in the future. So stay tuned for things to come.

MARY-KATE WELLS:
So this is the first conversation that we are having. Sorry, I got distracted by the chat box. This is the first conversation that we are having, so this this is something that you all feel wanted more information, and support on different funding opportunities, please let me know.

(unknown name) says in the chat "I think I might have got a bit confused when I asked the question. I thought this was for Hello Fresh to get to the consumer. So I appreciate you answering that question." Awesome. Thank you.

Alright. Those are the questions and comments that I see from the chat box. I wanted to kind of pause, we still have a little bit of time if anybody else has any questions. (unknown name) says in the chat "I have not personally used Hello Fresh but I will.a has and says it is -- awesome!!!"

So this is one option. We know that this is a systemic big issue, and this is just one way for us to try to be creative and figure out solutions. Nothing is going to be solved, food insecurity is one thing. I have personally used hello freshâ€¦ I am not making this a commercial, but I just want to share my experience.

I have a physical disability, a learning disability, so for me in the kitchen I struggle with instructions and remembering things. So I personally have found that the Hello Fresh cards are helpful because it breaks it down in very plain language. The instructions, it is premeasured which is great. If you are dyslexic, tablespoon and teaspoon look very similar.

And then also with the box, I have some dexterity challenges, so for me, for my personal experience, it is in excess the pre-portioned has helped. I know that everyone's disability is going to have different experiences in terms of opening practice.

Someone in the chapter mentioned about the heaviness of the box. Where I live, I have a little table that I leave out, so that if I get a package they can put delivery packages on that table so I do not have to bend down. That is just a little bit easier. So in the spirit of the disabled community, we get a little bit creative sometime.

Anybody else? I am going to stop sharing my screen, just so that I can check the checkbox. There is one more comment in the chat, "I work with many disabled preparing she would really benefit from long-term funding to supplement the cost of the service. Transformation barriers, particularly in rural settings are huge in South Carolina." Thank you for that feedback. My take away from this is that these events are conversations about the long-term funding so stay tuned, and we can put a little bit of thought into that. And continue that conversation.

Thank you all so much for joining. Thank you Emily for sharing your time at presenting this information. Everybody will receive Emily's contact information. NCIL members, be on the lookout for the discount code. If you are not an NCIL member and you would like to be, I believe Jenny might have put it in the chat, but I've away, let's seeâ€¦ Jenny put the link in the chat. But you can always reach out to anyone at NCIL, including Jenny or myself, so also be on the lookout for our conference in July.

We are excited to haveâ€¦ To start giving these partnerships and other stuff that we hope that you are participating in. So please let us know. Any feedback. We hope to see you at the conference. And I hope you have to go to that of your day. Thank you everyone.

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