Skip a week or pause your deliveries

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You can skip any week or pause for up to 8 weeks, as long as you do it before the weekly cutoff: 11:59 p.m. Eastern, 6 days before your delivery day.

Skip a week

1. Sign in at crunchbox.example or open the Crunchbox app.
2. Go to **Upcoming deliveries**.
3. Select **Skip this week** on the delivery you don't want.

Pause your subscription

1. Go to **Account settings > Subscription**.
2. Select **Pause** and choose how many weeks, from 1 to 8.
3. We'll email you a reminder a week before deliveries start again.

> Missed the cutoff? Your box is already being packed, so we can't skip it, but you can still change meals for the next week.