Allergens and ingredients

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Every recipe card and meal page lists the major food allergens in that meal. All meals are packed in a facility that also handles all of them.

We label the major allergens recognized in the United States: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans and sesame.

Crunchbox isn't recommended for anyone with a severe food allergy. Because ingredients share a facility, we can't guarantee any meal is free of cross-contact.

Find ingredient details

- Open any meal and select **Ingredients and nutrition**.
- Check the recipe card in your box, which is printed for that week's batch.