

## Meal prep: smart cooking with Emsa



Prepare your food at home and take it with you in your lunch box. Meal prep is the latest food trend – and not just for fitness enthusiasts. There are lots of good reasons to prepare your own meals: as well as knowing what's in your food, you'll also save money and help to protect the environment. You can also prepare big batches of food for the whole week, then put them in the fridge or even freeze them. Emsa's **CLIP & GO**, **CLIP & CLOSE**, **CLIP & MICRO** and **CLIP & CLOSE Glas** ranges make preparing meals an incredibly easy task.



### Freshness guaranteed

Make those pre-packaged ready meals a thing of the past by using **CLIP & CLOSE** containers in your fridge at home. Meals stay fresh for longer\* in the Emsa food storage containers. You can even prepare them at the beginning of the week – thanks to the unique freshness seal in the lid, germs or dishwasher residue won't stand a chance. They have a completely airtight seal that not only keeps food fresh but also makes sure they reach their destination intact. So now you can even transport soup and curries in your bag without a second thought.

## Lunch to go

Instead of reaching for unhealthy fast food when your stomach is grumbling, Emsa has a fresh, healthy alternative to offer. The practical **CLIP & GO** range lets you prepare fresh, healthy yoghurt, snacks, sandwiches, salads or even a complete lunch and keep it handy when you're ready to eat on the go.





## Heat it up fast


With **CLIP & MICRO**, the meals you prepared earlier will be ready to eat in next to no time: simply place in the microwave with the valve open in the lid. This ensures that the contents will be heated splash-free and without spoiling the food, while also allowing the steam to escape. The **CLIP & CLOSE Glass** bowls also guarantee quick meal prep – even in the oven. The high-quality borosilicate glass ensures perfect heat distribution and is remarkably robust. Practical: you can use the same kitchenware to prepare and eat your meal, so it will be ready to serve immediately without the need to transfer it to another dish. You can also place any leftovers straight into the fridge or the freezer in the same dish.


\*Benchmarking food storage containers, a study conducted by Prof. Dr. Fritz Titgemeyer, Professor of Food Microbiology at the Münster University of Applied Sciences, Department of Oecotrophology, September to December 2012; tests conducted by the Institute for Sustainable Food and Nutritional Sciences (ISuN) at the Münster University of Applied Sciences, July to December 2014. 2014.

## Product characteristics:

	<p><b>CLIP &amp; CLOSE:</b></p> <ul style="list-style-type: none"> <li>• 100% safe: BPA-free, suitable for baby food</li> <li>• 100% hygienic: seal and lid are firmly attached to one another</li> <li>• 100% leak-proof: no spills, no leaks</li> <li>• Microwave, freezer and dishwasher safe</li> <li>• Material: plastic</li> <li>• Available in rectangular, square and round versions</li> <li>• Size: 0.15 l (5.07 fl. oz.) to 10.8 l (365.30 fl. oz.)</li> </ul>
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	<p><b>CLIP &amp; GO:</b></p> <ul style="list-style-type: none"> <li>• 100% safe: BPA-free, suitable for baby food</li> <li>• 100% leak-proof: no spills, no leaks</li> <li>• 100% clear: sticker gives the user instant recommendations on how best to use the product</li> <li>• Freezer, dishwasher and microwave safe</li> <li>• Material: plastic</li> <li>• Versions available: yoghurt box, salad box, sandwich box, brunch box, snack box</li> <li>• Size: 0.55 to 1.2 l (18.60 to 40.59 fl. oz.)</li> </ul>
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	<p><b>CLIP &amp; MICRO:</b></p> <ul style="list-style-type: none"> <li>• 100% hygienic: no gaps for bacteria or germs thanks to the tried and tested freshness seal</li> <li>• 100% safe: BPA-free, suitable for baby food</li> <li>• 100% microwave safe: simply open the valve and heat up the meal in the microwave</li> <li>• Freezer and dishwasher safe</li> <li>• Material: plastic</li> <li>• Size: 0.55 to 1.2 l (18.60 to 40.59 fl. oz.)</li> </ul>
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	<p><b>CLIP &amp; CLOSE Glass:</b></p> <ul style="list-style-type: none"> <li>• 100% oven-proof: bowl made of heat-resistant borosilicate glass</li> <li>• 100% hygienic: no gaps for bacteria or germs in the lid thanks to the tried and tested freshness seal</li> <li>• 100% safe: BPA-free, suitable for baby food</li> <li>• 100% leak-proof: no spills, no leaks</li> <li>• Microwave, freezer and dishwasher safe</li> <li>• Suitable for domestic and professional use</li> <li>• Material: glass/plastic</li> <li>• Available in rectangular and square versions</li> <li>• Size: 0.2 to 3.0 l (6.76 to 101.47 fl. oz.)</li> </ul>
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All of these products are available to buy now in stores.

[www.emsa.com](http://www.emsa.com)