

# Big mistakes to avoid when ordering food

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But as any foodie knows, ordering food for delivery adds a layer of complexity to the selection process, not to mention the many factors that need to be considered when transporting food over large and small distances. The dish you crave may not be suitable for delivery, and the fastest delivery option may not be the most economical or quality-assured.

Think twice about meal delivery. If you want to enjoy the full flavor, health and comfort of the food at home, avoid these mistakes.

## Order when you are hungry

You can't expect a meal to arrive at your door as quickly as you would at a restaurant—after all, the food not only needs to be cooked and placed in a takeout box, but also picked up by a delivery person and then shipped with thousands of other orders across the city. Depending on traffic, that last step alone can take at least an hour. Some restaurants even suggest that customers order earlier in the day.

## Skip these easy-to-go foods when ordering delivery

Not everything is as portable as pizza, and sometimes the thought of a soggy, mushy meal is enough to make even the most easygoing housewife feel discouraged. Luckily, there are plenty of other options that are great for on-the-go.

According to Insider, baked goods are ideal for delivery—they're made to sit out after their prime, so you can be sure they'll still taste delicious no matter how long it takes to get to your door.

Likewise, grilled meat, with its rich flavor and durability, can withstand being transported around the city. Even if it is not hot when you enjoy it, the taste of grilled meat is unmatched. It does not need to be crispy. It is still delicious when cooled, and does not need to be elaborately presented.



### **Choose perishable items when ordering delivery**

When ordering delivery, it's important to note that some foods don't last very long. If you're someone who likes to keep a few takeout containers in the fridge for late-night snacks or lunches, remember that some foods only last a day.

If you order sushi, make sure to order it on an empty stomach so you can finish every bite, as the sushi will quickly become slimy and less tasty.

Salads, too, don't last more than a day once dressed, so it's best to finish them as soon as you get them. Greens will wilt after just a few hours in the fridge, but by leaving the dressing aside, salads can stay fresh and crisp for up to four days in a takeout box.

### **Order hot soup delivered on a cold day. or any day at all**

While soup may seem like a good option for delivery, especially when the weather turns cold, it's best to save it for a sit-down meal or make it yourself. Since most restaurants serve their food in disposable plastic or paper containers, they're often not suitable for serving hot liquids, as they can easily leach plastic and other harmful chemicals into the food.

Jackie Arnett Elnahar, a registered dietitian, shares with Eat This, Not That that "*the high heat and thickness of the soup can cause chemicals to leach from the food container.*"

Many people think that soup is perfect for takeout because it starts out so hot that it has cooled to the perfect temperature by the time it arrives at your door. But it's probably best to avoid ordering soup delivery. On the plus side, reheating a can of soup isn't much more complicated than boiling water, so even the most inexperienced home cook can handle this simple meal.



### **Expect everything to go smoothly when placing your order.**

Just like in a real restaurant, mistakes often happen between the kitchen and your home. Getting food from point A to point B may seem easy, but the restaurant not only has to cook your food, but also coordinate delivery times. Drivers often don't work for the restaurant they pick up from, and they have to deliver multiple orders in addition to yours.

Between the restaurant chefs, delivery drivers, and customers who start and finish the process, mistakes are inevitable. Sometimes, delivery orders can pile up in the kitchen even when the dining area is nearly empty, creating long wait times for both dine-in and takeout customers.

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