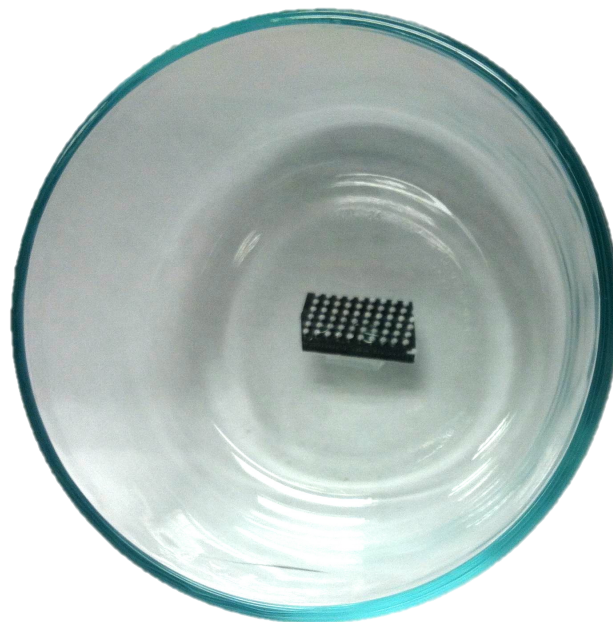


# SWAP UP

A MEAL SWAP/MEET UP COMMUNITY

## Patented SwapUp Container



### Features:

- Lightweight Glass Body
- Silicone Lid
- Digital Display
- Thermally Durable
- Foodtooth® Temperature Reader
- Microwave/Oven/Dishwasher Safe
- Damage Resistant
- Multifunctional
- Stays hot or cold on the inside,  
but room temp to the touch

## How it Works

Once sealed, the lid activates and obtains information about the dish such as nutritional information and allergens. Then, it will prompt the user to describe, name, and categorize their dish using the app on their mobile device, or on the website. Complying with the CA Health and Safety Code § 113758, the digital screen will display:

Chicken Enchiladas  
Cooked on 6-12-13

Made in Home Kitchen by:  
Rachel Decker

### Nutritional Information:

Serving Size: One Container	
Calories	150
Fat	14g
Protein	4g
Cholesterol	55mg
Sodium	75mg
Dietary Fiber	0g
Sugars	13g
Vitamin A	10%
Calcium	10%

Allergens: Milk, Wheat, Peanuts

### Reheating Instructions:

Preheat oven to 350°  
Cook for 15-20 minutes.

OR

Cover and microwave on  
high for 5 min. Uncover and  
cook an additional  
one minute.

In the case that a food item has been improperly frozen, stored, or is for whatever reason unsafe to eat it will display an alert screen below:

**WARNING!**



This dish is not safe to eat  
because it has been at  
room temperature for too  
long.