

# Frequently Asked Questions

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## Do I need to put my food in the refrigerator or in the oven?

In case you put your food in the refrigerator you can heat up your food by using the oven. Do not use the microwave. We are in Ghadana the food prepared using the freshest ingredients and no food additives are added for preservation.

\*Please follow the guides and instructions on the containers label.

## How do I get started on the Ghadana program?

Simply choose which program is right for you and contact us at 22209666 so that we send you the Welcome Package which consists of all the required to activate your membership. The membership can only be activated until after the essential paperwork is completed and received by the office.

## How long will it take to activate my membership?

Ghadana working hours are from 9:00 am till 5:00 pm from Saturday till Thursday. We can activate your membership after 48 hours or 72 hours after completing the all paperwork.

## Do I have to commit to the membership type that I choose?

We have been identified the food quantity according to the membership type (number of persons) you can increase the number of one or more persons by contact us and inform us before 48 hours from the date of receipting your meal.

## Can I put my membership on hold or take days off?

Yes you may, but we require 48 hours notice period to inform us before the date of receipting your meal.

## Can I change my address for delivery or food items on my menu?

Yes you may, but we require 48 hours notice period to inform us before the date of receipting your meal.