Food Delivery? There's an App for That!

In the past decade, pizza or Chinese food was about the only thing you could order for home delivery. But now with Ubereats, Grubhub and Doordash, you can have virtually any cuisine delivered to your door. In a recent Morgan Stanley survey, 43% of delivery patrons said meals ordered in were replacing those that would normally be eaten at a restaurant. Like any other app, food delivery apps are downloaded directly to a phone or tablet.

Savvy consumers can use these apps to get healthful meal options on the go. Be sure to try a variety of foods and seek out plant-based meals that are low in saturated fat and added sugars. If the app or restaurant provides nutrition information, be sure to check it out before placing your order. Here's how the latest apps work and a review of the best ones out there...

Seamless	Seamless provides menus from thousands of restaurants in over 600 cities and does not charge a delivery fee. It offers some discounts within the app but may require minimum orders. Seamless is available on IOS (Apple) or Android. In 2013, Seamless merged with Grubhub.
E24	E24 is an app developed by Yelp that has partnered with over 35,000 restaurants and processes over a million orders monthly. Customers may have food delivered or pick up the orders themselves. You can use the E24 app or its website to order food.
Doordash	Doordash provides a service that some of the other delivery apps do not. It offers the "DoorDash Delight scoring system," which ranks restaurants' food quality, delivery time, popularity and customer satisfaction. It is one of the fastest growing apps in the United States.
Food Tripping	Food tripping is a GPS-based app that finds the closest juice bars, farmers' markets, microbreweries, and more. It is available on IOS or Android and you can search by place, name, popularity, and cuisine.
Healthy Out	Consumers using Apple products can download the Healthy Out app. The app which is available to US customers only, provides a search engine for glucose control, Paleo, vegan, Mediterranean and other eating styles. It provides detailed nutrition information including calories, fiber, sodium, carbs, and protein.

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