



But who is Jow?

Jow is a service that allows you to plan, order, and organize all of your weekly meals in just a few clicks. By taking everyone’s tastes, cooking-levels, and budget into account, **we offer you highly personalized recipes** that are simple, balanced, and delicious. Jow fills your basket with only with the ingredients you need (and just what you need!), **eliminating food waste and saving you money**. Then, presto! Your groceries are delivered or collected at your local store.

Your magical household assistant



Jow offers its users the opportunity to save something that cannot be bought: time. On average, **we spend about 2 hours a week grocery shopping**. Jow’s goal is to make everyday life easier by offering a simple meal planning and grocery shopping solution. Placing joy at the heart of all we do, we help users return to the basics around enjoying and sharing meals with the ones you love. The idea behind what we do? **Jow allows you to reclaim your time for the best things in life: friends, family, and food.**

Enjoy life! We’ll take care of the rest

Jow makes life easier by relieving families of the mental burden of meal planning and grocery shopping. Between the social pressure to eat healthy and with schedules busier than ever, **Jow becomes the dream-ally of its users**. Jow defends the joy of knowing (and liking!) the answer to “what’s for dinner” and taking on the mental labor of **making magical meals happen**.

Jow’s service answers the eternal conundrum of “**what’s for dinner?**” by relying on three fundamental pillars:

Joie de Jow: The kitchen helper that frees up time and the mind!

Inhale, exhale: Reunite with yourself and let Jow take on the mental burden for you.

Check and check! Transparency and efficiency are words we stand behind. We’re not here to waste your time.

“We believe in a world where a love of delicious meals, a small budget, and a busy schedule meet. A world where we spend more time eating a good meal with our loved ones and less time looking for things in the grocery store.

We are what we eat - it defines our place in the world, our health, and our impact on the environment. Let’s make each of our worlds our favorite place to be.



Jacques Sabatier
Jow CEO



The top 3 recipes ordered in the US in 2023

- Cilantro Lime Chicken & Rice
- Cheesy Beef Burrito
- Chicken Pot Pie Casserole



1,629
Vegetarian recipes and counting



100,000+
grilled cheeses have been ordered globally on Jow



6M
Jow users (and counting!)



2.1M
Dollars saved while shopping on Jow



3K+
Available recipes on Jow



150M
Meals served



10%
The average amount saved per cart on Jow



650+
Tons of food waste avoided



49M
Recipes favorited on Jow



25%
More produce ordered per Jow cart



5,000
orders per day



one
order every 5 seconds

Jow: Life is delicious.

