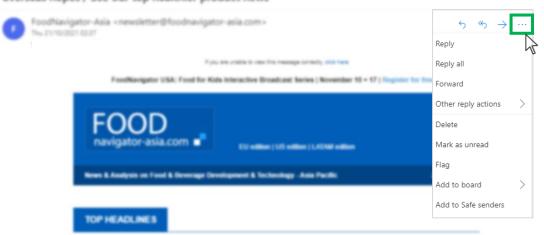
### Outlook.com or Windows Live Mail

#### Method one

(1) C

Click on the three dots on the right hand side of the email

Asia's own Beyond and Impossible: Why next breakout alt protein firm likely from here / China tops list for sodium levels in processed fish and meat products / Aussie online grocer on local growth plans, overseas hopes / See our top healthier product news

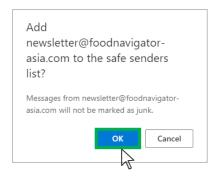


2 Select 'Add to safe senders'

Asia's own Beyond and Impossible: Why next breakout alt protein firm likely from here / China tops list for sodium levels in processed fish and meat products / Aussie online grocer on local growth plans, overseas hopes / See our top healthier product news



3 Click 'OK' on pop up

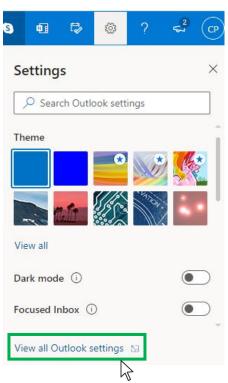




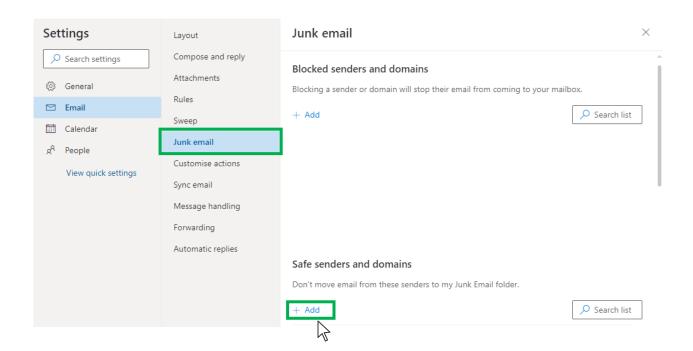
# Outlook.com or Windows Live Mail

#### Method two

Click on the cog icon (Settings Menu) located on the top right and choose 'View all Outlook Settings'



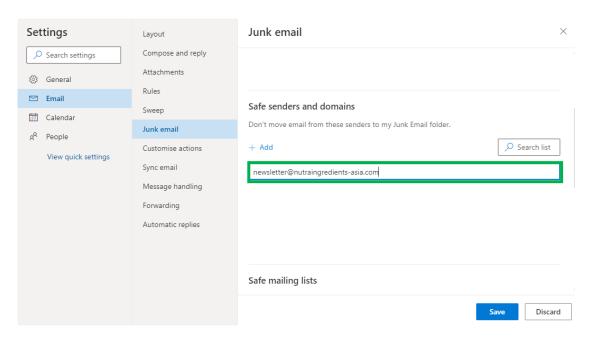
2 On the menu located on the left hand side, select 'Junk email' (under Email) and click +Add under 'Safe senders and domains'





# Outlook.com or Windows Live Mail

3 Type 'newsletter@foodnavigator-asia.com' into the text box and click enter to add us to your safe senders list



4 Press 'Save' at the bottom of the page to complete the process

