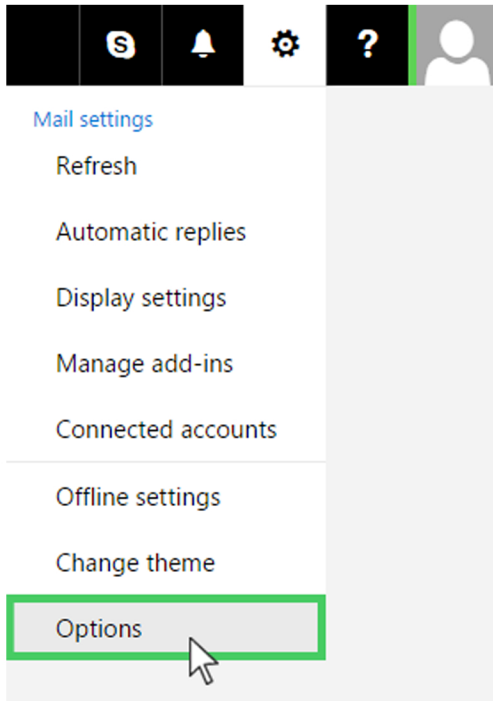


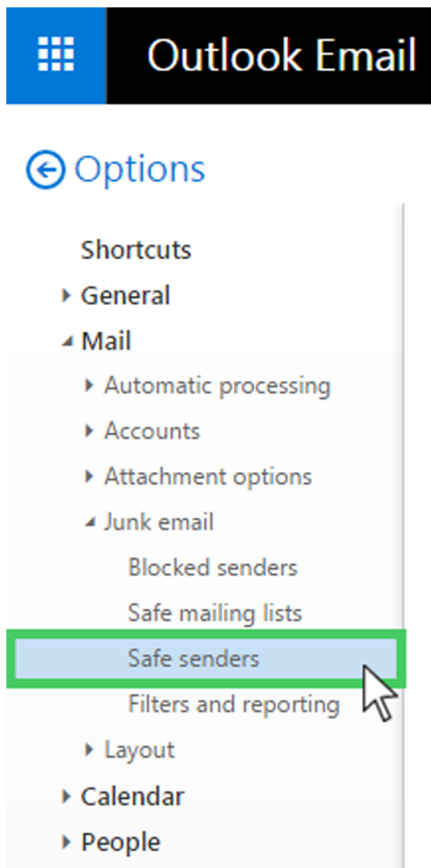


Outlook.com or Windows Live Mail

1 Click on the cog icon (Settings Menu) located on the top right and choose 'Options'



2 On the menu located on the left hand side, select 'Safe senders' (under Junk email)





Outlook.com or Windows Live Mail

3

Type '**newsletter@foodnavigator-latam.com**' into the text box and click the + button to the right of the box to add us to your safe senders list

The screenshot shows the Outlook Email interface. On the left is a navigation pane with 'Options' expanded and 'Safe senders' selected. The main area is titled 'Safe senders' and contains a 'Save' button (highlighted with a green box) and a 'Discard' button. Below the buttons is a text box containing 'newsletter@foodnavigator-asia.com' and a plus sign (+) to its right. A mouse cursor is pointing at the plus sign.

4

Press 'Save' at the top of the page to complete the process

This screenshot is identical to the previous one, showing the 'Safe senders' settings page. The 'Save' button is highlighted with a green box, and the mouse cursor is now positioned over the 'Save' button.