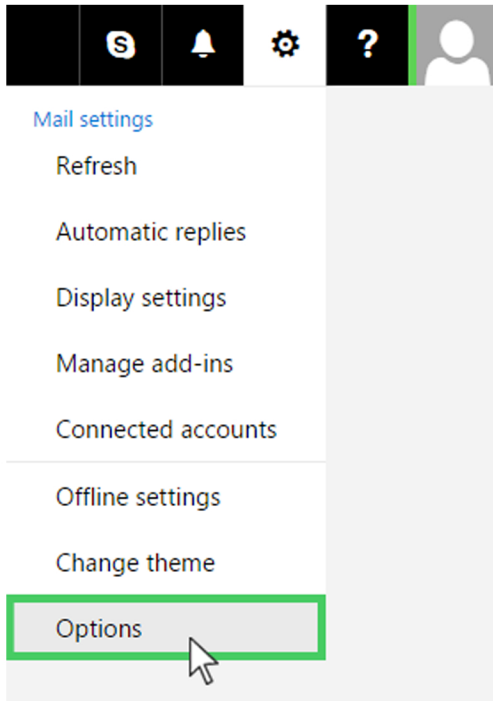


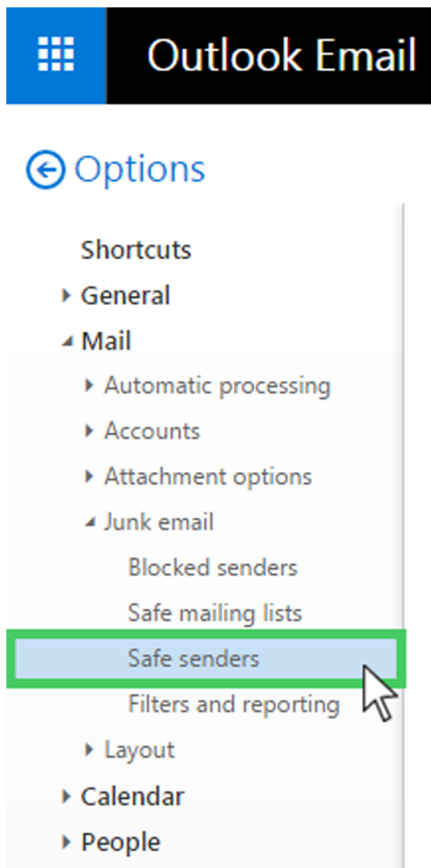


Outlook.com or Windows Live Mail

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)

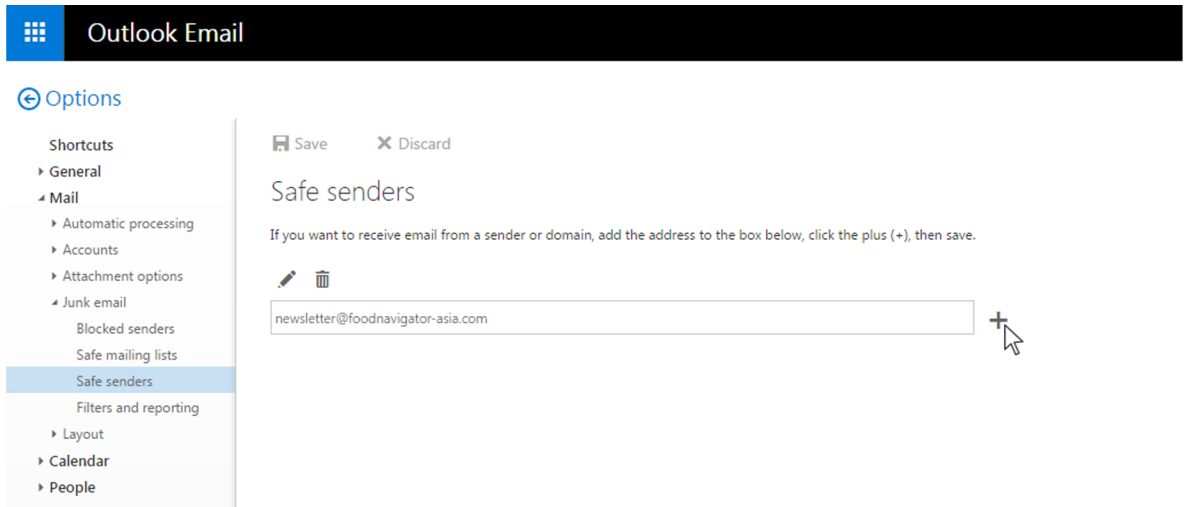




Outlook.com or Windows Live Mail

3

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



4

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

