

How To Send Food in the Mail: Packing, Shipping, and More

Since the start of the pandemic, demand for food makers and small restaurants to ship their goods nationwide has gone up [nearly 200%](#). People are looking for a dose of their favorite comfort foods, even if they're far away.

Homemade baked goods from loved ones also have the same effect. It's always been popular to send baked goods around the holidays, but especially so when you can't be together.

The question is, how do you make sure your cookies arrive intact?

You'll need to know how to send food in the mail. Read on to learn about packing food for mailing to make sure your casserole or cookies arrive intact.

Use the Right Packaging

The first step is to choose a box that's just a bit larger than what you're sending. If the box is too big, things will shift around and crumble. If it's too small, the box can bust open.

If you're sending baked goods, use a double layer of plastic wrap to seal in freshness. For cookies, wrap them individually and put a sheet of bubble wrap between each layer.

Fill any extra space in the box with crumpled paper, pieces of foam, or bubble wrap.

Know Which Baked Goods Travel Well

While your niece might love your famous cream cheese frosting, it won't travel well. If it doesn't slide off on the wrapper, it could melt during transit.

Avoid sending cookies with soft frosting or melted chocolate for the best results.

Quick breads like pumpkin, banana, or fruitcake travel well. So do small cookies and candies, as long as they're not traveling through hot weather.

Take Care When Sending Refrigerated or Frozen Foods

If you're sending food that needs to be refrigerated, wrap the food in a plastic bag to keep out moisture and put it in a cardboard box. Then, opt for a foam box lined with ice packs. Set the cardboard box inside the foam one and you're good to go.

For frozen food, you can follow the same box setup. But, you'll need to swap in dry ice instead of water ice packs. It stays cold for much longer periods of time. Just make sure to mark the outside of the box with a dry ice warning, as it can be dangerous to handle.

Choose a Shipping Option Based on the Food's Shelf Life

If you're sending perishables, you also need the food to arrive as quickly as possible. Opt for next day delivery if you can.

If you're a food business or restaurant operation, you might be better off hiring a courier service. These companies often have more specialized delivery practices. [Click here](#) to learn more about the courier shipping options.

Now You Know How to Send Food in the Mail—Send Care Packages to Loved Ones

Once you know how to send food in the mail, you can surprise friends and family with care packages of baked goods and cherished family recipes. You might even be able to turn it into a mail-order food business.

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