



Storing Frozen Meals

- Wash hands frequently with soap and water when handling food.
 - Keep as much of the food in the freezer as you can to prevent spoilage.
 - Meals can be taken out of the freezer and refrigerated to thaw up to 3 days.
 - Never refreeze a frozen meal once it has been thawed.
 - It is recommended to eat the meals within 30 days of receiving them. Remember to rotate meals. Discard food after the expiration date.
 - Refrigerators and freezers should be kept clean and in good repair. All refrigerators should be kept at 41 degrees Fahrenheit or below. All freezers should be kept at 0 degrees Fahrenheit or below.
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Heating Frozen Meals from the Freezer

- **Do Not Use a Toaster Oven to Reheat Meals.**
- Reheat according to the directions so that food is heated all the way through.
- Once meals have been heated, any leftovers should be thrown away.
- Meals can be heated in a microwave oven or in a conventional oven.

Microwave Oven Instructions

- Poke holes in the film covering each section of your meal, or loosen the film from each corner of the container.
- Heat the meal on high for 4 - 7 minutes. If the microwave does not have a turntable, turn the meal halfway through heating.
- Very slowly and carefully remove the film. **Caution - the steam will be hot!**
- Let stand for 2 minutes. Stir before eating.

Conventional Oven Instructions

- Preheat oven to 300 degrees Fahrenheit.
- Leave film seal over meal. Place meal on a cookie sheet in the middle of the oven.
- Heat for 35 - 40 minutes or until hot.
- To prevent burns, let your food stand for 2 - 3 minutes after heating before you eat.

Thawed meal heating instructions on reverse page.



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Heating Thawed Meals from the Refrigerator

- **Do Not Use a Toaster Oven to Reheat Meals.**
- Reheat according to the directions so that food is heated all the way through.
- Once meals have been heated, any leftovers should be thrown away.
- Meals can be heated in a microwave oven or in a conventional oven.

Microwave Oven Instructions

- Poke holes in the film covering each section of your meal, or loosen the film from each corner of the container.
- Heat the meal on high for 2 - 3 minutes or until the food reaches 165 degrees Fahrenheit.
- Very slowly and carefully remove the film. **Caution - the steam will be hot!**
- Let stand for 2 minutes. Stir before eating.

Conventional Oven Instructions

- Preheat oven to 300 degrees Fahrenheit.
- Leave film seal over meal. Place meal on a cookie sheet in the middle of the oven.
- Heat for 15 - 20 minutes or until hot.
- To prevent burns, let your food stand for 2 - 3 minutes after heating before you eat.

[Frozen meal heating instructions on reverse page.](#)