

HOME FOOD SAFETY

MEAL STORAGE AND PREPARATION

INSTRUCTIONS

All foods requiring refrigeration need to be kept below 41°F.

Shelf-stable items should be stored at room temperature (Recommended between 50°F – 70°F).

All milk: Refrigeration is required. Consume by the “Best By” date located on the product.

All juice: Place in the refrigerator from the frozen food bag to defrost. This takes approximately 24 hours.

Fresh whole fruits: Refrigeration recommended but not required.

String cheese and yogurt: These items are packed frozen. Remove from the frozen food bag and place in the refrigerator to defrost. This takes approximately 24 hours.

All raisins, cereal, cereal bars, and Nutri-grain bars are shelf stable. No refrigeration required.

Frozen berry and peach cups: Remove from the freezer bag and place in the refrigerator to defrost. This takes approximately 24 hours.

Rolls and buns: Remove from freezer bag and place in the refrigerator to defrost. This takes approximately 24 hours. When entrée items are on a bun, such as a burger or chicken patty, place the bun aside and follow the instructions below to heat the protein.

Lunch entree items that require heating (such as cheeseburgers, chicken patty, chicken drumstick, etc.): Store in the freezer until ready to consume. Items may be placed in the refrigerator to defrost. Upon defrost, store in the refrigerator no longer than 5 days. Heat items using the instructions on this form.

HEATING INSTRUCTIONS

- A) If item has heating instructions on packaging, follow the manufacturer’s recommended heating instructions on package.
- B) If item does not have heating instructions on the packaging, follow these instructions to safely heat.

***Please note: Since the type of products vary, and all microwaves and ovens vary in power, all cooking times are approximate and may need to be adjusted.**

MICROWAVE, FROM FROZEN:

- 1. Remove the item(s) from the package.
- 2. Microwave on HIGH for 90 seconds.
- 3. Product is ready to consume when an internal temperature of at least 165°F is reached.
- 4. If product has not reached an internal temperature of at least 165°F, continue to reheat on HIGH in 15-20 second intervals until minimal internal temperature of 165°F is reached.
- 5. Remove item from microwave and let sit for one minute before consuming. ***CAUTION: Product will be hot.**

MICROWAVE, FROM THAWED:

- 1. Remove the item(s) from the package.
- 2. Microwave on HIGH for 45 seconds.
- 3. Product is ready to consume when an internal temperature of at least 165°F is reached.
- 4. If product has not reached an internal temperature of at least 165°F, continue to reheat on HIGH in 15-20 second intervals until minimal internal temperature of 165°F is reached.
- 5. Remove item from microwave and let sit for one minute before consuming. ***CAUTION: Product will be hot.**

OVEN, FROM FROZEN:

- 1. Heat oven to 325°F
- 2. Remove the item(s) from the package, place product on baking sheet, and cook in the oven for 15-20 minutes.
- 3. Product is ready to consume when an internal temperature of at least 165°F is reached.
- 4. If product has not reached an internal temperature of 165°F, continue to cook, checking every 5-10 minutes until minimum internal temperature of 165°F is reached.
- 5. Remove item from oven and let sit for 3-5 minutes before consuming. ***CAUTION: Product will be hot.**

OVEN, FROM THAWED:

- 1. Heat oven to 325°F
- 2. Remove the item(s) from the package, place product on baking sheet, and cook in the oven for 8-12 minutes.
- 3. Product is ready to consume when an internal temperature of at least 165°F is reached.
- 4. If product has not reached an internal temperature of 165°F, continue to cook, checking every 5-10 minutes until minimum internal temperature of 165°F is reached.
- 5. Remove item from oven and let sit for 3-5 minutes before consuming. ***CAUTION: Product will be hot.**