

HEATING INSTRUCTIONS

These heating instructions pertain to the frozen, fully cooked entrees offered at our feeding sites “grab & go” meals. For items that require heating (e.g. pastas, beef, chicken, etc.), store in the freezer until ready to consume. Cook according to instructions below prior to consuming. After heating, eat within two hours. Store leftovers in the refrigerator no longer than 3 days.

OVEN, FROM FROZEN



1. Heat oven to 325°F. Discard any paper, foil or plastic bags the food item is in.
2. Place product on baking sheet and cook in the oven for about 20 minutes.
3. Product is ready to consume when internal temperature reaches a minimum of 165°F degrees.
4. If product has not reached an internal temperature of at least 165°F, continue to cook in oven, checking every 5-10 minutes until minimum internal temperature of 165°F is reached.
5. Remove item from oven and let sit for 5-10 minutes before consuming.
6. Consume within 2 hours. *CAUTION: Product will be hot. Consume with caution.

OVEN, FROM THAWED



1. Heat oven to 325°F. Discard any paper, foil or plastic bags the food item is in.
2. Place product on baking sheet and cook in the oven for about 10 minutes.
3. Product is ready to consume when internal temperature reaches a minimum of 165°F degrees.
4. If product has not reached an internal temperature of at least 165°F, continue to cook in oven, checking every 5-10 minutes until minimum internal temperature of 165°F is reached.
5. Remove item from oven and let sit for 5-10 minutes before consuming.
6. Consume within 2 hours. *CAUTION: Product will be hot. Consume with caution.

MICROWAVE, FROM FROZEN



1. Place food item on microwavable plate. Discard any paper, foil or plastic bags the food item is in.
2. Microwave on HIGH for 90 seconds.
3. Product is ready to consume when an internal temperature of at least 165°F degrees is reached.
4. If product has not reached an internal temperature of at least 165°F, continue to reheat on HIGH in 30 second intervals until minimum internal temperature of 165°F is reached.
5. Remove item from microwave and let sit for one minute before consuming.
6. Consume within 2 hours. *CAUTION: Product will be hot. Consume with caution.

MICROWAVE, FROM THAWED



1. Place the food on a microwave safe plate. Discard any paper, aluminum, or plastic bags that the food is in.
2. Microwave on HIGH for 45 seconds.
3. The product is ready to consume when an internal temperature of at least 165 ° F degrees is reached.
4. If the product has not reached an internal temperature of at least 165 ° F, continue to reheat on HIGH in 15-20 second intervals until the minimum internal temperature of 165 ° F is reached.
5. Remove the item from the microwave and let it rest for a minute before consuming.
6. Consume in 2 hours. * CAUTION: The product will be hot. Consume with caution

Grits & Oatmeal Heating

1. Combine water or milk, salt and cereal a medium microwave-safe bowl.
2. Microwave on HIGH 2 1/2 to 3 minutes; stir before serving.

Grain-Based Breakfast Pastries (e.g.: Bagel, Oatmeal Round Muffin, etc) - Previously frozen product. Shelf-stable but consume within 5 days.

All Cereals, Crackers, Grains, Sunflower Seeds - Shelf-stable. No refrigeration required. Consume by the “Best By” date located on the product.

All Shelf-Stable Fruit - (e.g.: Applesauce cups, Fruit cups, sunbutter, etc) - Shelf- stable. No refrigeration required. Consume by the “Best By” date located on the product.

Fresh Whole Fruit - Refrigeration recommended, but not required.

Fresh Processed/Bagged Fruit & Vegetables as well as cold fruit cups - Refrigeration required. Consume within 2-3 days.

All foods requiring refrigeration must be held at a temperature of 40°F or below. Shelf-stable items should be stored at a temperature of 72°F or below for best quality.

All Fresh Milk, Yogurt & Juices - Refrigeration required. Consume by the “Best By” date located on the product. String Cheese/Cheese Cubes - Refrigeration required. Consume within 5 days.

Cold Sandwiches Refrigeration required.

- All foods requiring refrigeration must be held at a temperature of 40°F or below. Shelf-stable items should be stored at a temperature of 72°F or below for best quality.
- If the item has heating instructions on the package, follow those manufacturer recommendations for heating the food item.

