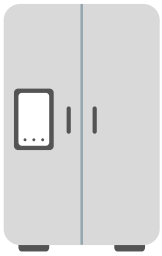




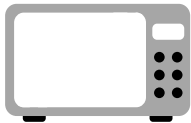
MEAL STORAGE & HEATING INSTRUCTIONS



Keep Your Meals Refrigerated

- When you receive your meals, please place them in refrigeration immediately to preserve their freshness.
- If you need to travel for more than 15 minutes or so from where you pick up your meals, we recommend that you keep the meals in an insulated bag with ice packs until you can refrigerate them.

Heating of Your Meals



- Microwave heating:
 - Place items to be heated on a microwave-safe dish or plate before heating so that the meal may heat more evenly.
 - Be sure to loosely cover the food to help retain moisture, and allow for ventilation.
 - Heat for 1-2 minutes on high, or until heated through.
 - Let sit for 3-5 minutes as product will be hot.



- Conventional oven:
 - Preheat oven to 350°F. Place food items you would like to reheat in an oven-safe dish. Depending on the quantity and density of the food, heat for 5 to 15 minutes or until you meal has reached 165°F.

NOTE: Cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.

This institution is an equal opportunity provider.