



Grab-and-Go Meals

HEATING INSTRUCTIONS FOR MICROWAVEABLE BOTTLEBOX® CONTAINERS

- Refrigerate meals immediately and store at 41°F or below until ready to consume or keep frozen meals frozen, if applicable.
- All hot meals should be heated to at least 165°F or higher for at least 15 seconds.
- Be cautious when reheating meals, they will be hot. Children should be supervised to prevent any accidents.

- **MICROWAVE HEATING INSTRUCTIONS***

- **If Meal is Thawed**

- Place in the microwave with lid on and heat on high power for 2-3 minutes.
- Remove from microwave and carefully and remove lid. Use caution when removing lid, steam will be very hot; stir (if applicable) and cook for an additional 1-2 minutes with lid on. Lid can withstand up to 220°F.
- Meal should reach 165°F or higher for 15 seconds.
- Remove carefully from the microwave with oven mitts and allow meal to rest for 3-5 minutes prior to consumption. Remember the meal will be very hot.

- **If Meal is Frozen**

- Place in the microwave with lid on and heat on high power for 3-5 minutes.
- Remove from microwave and carefully and remove lid. Use caution when removing lid, steam will be very hot; stir (if applicable) and cook for an additional 2-3 minutes with lid on. Lid can withstand up to 220°F.
- Meal should reach 165°F or higher for 15 seconds.
- Remove carefully from the microwave with oven mitts and allow meal to rest for 3-5 minutes prior to consumption. Remember the meal will be very hot.

****All microwave makes, models and wattages differ.***

Cooking times may vary.



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