

## **HEATING INSTRUCTIONS FOR NON-MICROWAVE OR NON-OVEN SAFE 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**

- **REMOVE FROM NON-MICROWAVE SAFE HINGED PLASTIC CONTAINER OR BAG.**

- Place contents on a microwave safe tray or dish.
- Place in the microwave and heat on high power for 2-3 minutes.
- Remove from microwave carefully; stir and cook for an additional 1-2 minutes.
- Meal should reach 165°F or higher for 15 seconds.
- Remove carefully from the microwave and allow meal to rest for 3-5 minutes prior to consumption. Remember the meal will be very hot.

- **If Meal is Frozen**

- **REMOVE FROM NON-MICROWAVE SAFE HINGED PLASTIC CONTAINER OR BAG.**

- Place contents on a microwave safe tray or dish.
- Place in the microwave and heat on high power for 3-5 minutes.
- Remove from microwave carefully; stir and cook and additional 2-3 minutes.
- Meal should reach 165°F or higher for 15 seconds.
- Remove carefully from the microwave 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.*

- **OVEN HEATING INSTRUCTIONS\***

- **If Meal is Thawed**

- Preheat oven to 350°F
- **REMOVE FROM NON-OVEN SAFE HINGED PLASTIC CONTAINER OR BAG.**
- Place contents on an oven safe tray or dish; cover with foil and cook for 15-20 minutes.
- Do not allow the container or film come in contact with any interior walls of the oven.
- Meal should reach 165°F or higher for 15 seconds.
- Remove carefully from the oven and allow meal to rest for 3-5 minutes prior to consumption. Remember the meal will be very hot.

- **If Meal is Frozen**

- Preheat oven to 350°F
- **REMOVE FROM NON-OVEN SAFE HINGED PLASTIC CONTAINER OR BAG.**
- Place oven ready container with meal on a baking sheet; cook for 20-30 minutes.
- Place contents on an oven safe tray or dish; cover with foil and cook for 15-20 minutes.
- Meal should reach 165°F or higher for 15 seconds
- Remove carefully from the oven and allow meal to rest for 3-5 minutes prior to consumption. Remember the meal will be very hot.

*\*All oven makes, models and wattages differ. Cooking times may vary.*

