

### **STAY HEALTHY, CLEAN, AND SAFE**

Below are some simple food safety guidelines for your meals.

- Wash your hands before eating this meal or handling the food.
- Cold meals should be eaten immediately or refrigerated within 2 hours of receiving the meal. Foods like dairy (milk, cheese, etc.) and meats should be quickly refrigerated at a temperature of 41° F or lower.
- Hot meals should be eaten immediately or refrigerated within 2 hours of receiving the meal. Any hot foods should be held at a minimum temperature of 135°F.
- Hot foods should be reheated to a minimum temperature of 165°F or higher before eating.
- Any leftovers from this meal should be thrown out after 5 days of receiving it! Throw out any meal that is left out for 4 hours or longer at room temperature.
- Any FROZEN items should be quickly placed into a freezer within 30 mins of receiving the food.
- Frozen food should be prepared properly. General guidelines would be to cook all meats and items containing dairy (Ex. Macaroni and Cheese) to 165°F or higher and frozen vegetables to 135°F or higher.

**We are honored to be able to serve you during this time!**

### **STAY HEALTHY, CLEAN, AND SAFE**

Below are some simple food safety guidelines for your meals.

- Wash your hands before eating this meal or handling the food.
- Cold meals should be eaten immediately or refrigerated within 2 hours of receiving the meal. Foods like dairy (milk, cheese, etc.) and meats should be quickly refrigerated at a temperature of 41° F or lower.
- Hot meals should be eaten immediately or refrigerated within 2 hours of receiving the meal. Any hot foods should be held at a minimum temperature of 135°F.
- Hot foods should be reheated to a minimum temperature of 165°F or higher before eating.
- Any leftovers from this meal should be thrown out after 5 days of receiving it! Throw out any meal that is left out for 4 hours or longer at room temperature.
- Any FROZEN items should be quickly placed into a freezer within 30 mins of receiving the food.
- Frozen food should be prepared properly. General guidelines would be to cook all meats and items containing dairy (Ex. Macaroni and Cheese) to 165°F or higher and frozen vegetables to 135°F or higher.

**We are honored to be able to serve you during this time!**

### **STAY HEALTHY, CLEAN, AND SAFE**

Below are some simple food safety guidelines for your meals.

- Wash your hands before eating this meal or handling the food.
- Cold meals should be eaten immediately or refrigerated within 2 hours of receiving the meal. Foods like dairy (milk, cheese, etc.) and meats should be quickly refrigerated at a temperature of 41° F or lower.
- Hot meals should be eaten immediately or refrigerated within 2 hours of receiving the meal. Any hot foods should be held at a minimum temperature of 135°F.
- Hot foods should be reheated to a minimum temperature of 165°F or higher before eating.
- Any leftovers from this meal should be thrown out after 5 days of receiving it! Throw out any meal that is left out for 4 hours or longer at room temperature.
- Any FROZEN items should be quickly placed into a freezer within 30 mins of receiving the food.
- Frozen food should be prepared properly. General guidelines would be to cook all meats and items containing dairy (Ex. Macaroni and Cheese) to 165°F or higher and frozen vegetables to 135°F or higher.

**We are honored to be able to serve you during this time!**