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.
  - 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 contents on an oven safe tray or dish; cover with foil and cook for 20-30 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.