



# Open Hand Heating Instructions

Our nourishing, delicious meals are cooked fresh by our expert chefs, packed with love, and can be reheated via microwave or oven. Please follow the steps below to ensure the best quality!

**CAUTION WHILE REHEATING: Container and contents will of course be hot!**

*Microwave defrosted meals for 1-2 minutes, then stir (if applicable).*

Continue to heat in 30 second increments until food reaches 165°F and is steaming hot. Microwave cooking times vary, so be sure to check your food periodically. Let stand for 1 min.

*Microwave frozen meals for 3-4 minutes, then stir (if applicable).*

Continue to heat in 1-2 minute increments until food reaches 165°F and is steaming hot. Microwave cooking times vary, so be sure to check your food periodically. Let stand for 1 min.

*Bake defrosted meals in conventional oven preheated to 350°F, stirring occasionally (if applicable).*

Heat until internal temperature of food reaches 165°F and is steaming hot. Remove film prior to heating and place tray on baking sheet/dish on the middle rack. Cooking times vary, so be sure to check your food periodically. Let stand for 1 min.

## TIPS & TRICKS

- Peel off the plastic film prior to reheating. You may see ice crystals or condensation because we freeze food after packing for safe keeping and best quality.

- Remove any contents that are not intended to be heated, like condiments or bread. You can toast bread or heat it separately for a shorter time.

- If microwaving, cover the plastic container with a paper towel or place food in a microwave safe dish with a microwave safe lid.

- If heating from frozen, a small amount of water may be added to prevent drying.

- Because meals vary in size and contents, cooking times will vary considerably. Heating in increments, stirring occasionally (if applicable), and sometimes removing components from the tray that require shorter reheating times will ensure best quality.

We recommend meals be defrosted in the refrigerator (not more than 48 hours) for more even heating, but may be heated from frozen if necessary.

Never defrost food at room temperature!

Frozen meals can be enjoyed within 6 months of pack date printed on the meal cover for best quality.

Place meals you plan to enjoy within 48 hours in the refrigerator and all remaining meals in the freezer for safekeeping

If you have any questions at all, just contact our Client Services team at 404-872-6947.