



How to reheat CSB meals

The way you store and prepare our frozen meals has a big impact on their look and taste.

Proper storage:

Freeze or refrigerate your meals immediately. **Refreezing partially thawed foods can allow harmful bacterial to grow. Plus, the taste and look of the final meal might not be as good.**

For best results, thaw your meal in the refrigerator before heating. This can be done overnight or in about 6 hours and will usually produce a more evenly heated, tastier meal.

HEATING TIP: Separate the vegetables from the main dish portion (scissors work great) and heat separately. This will allow for different heating times and help prevent under/overcooking.

Proper heating:

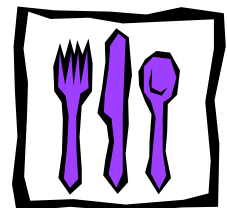
Oven Instructions (for best flavor):

1. Preheat oven to 350°F; do not exceed 400°F.
2. Cut or puncture film over food to vent steam during cooking, or remove food from tray and place in an oven safe dish.
3. Place meal on cookie sheet and heat in center of oven for up to 30 min.
4. After heating, remove tray from oven (it will be hot!).
5. Let stand 1 to 2 minutes before serving.
6. To ensure safety, test for proper temperature using a food thermometer (165°F) or heat until food is steaming hot.
7. **DO NOT** place tray in toaster oven; it will melt the tray.

Microwave Instructions (for quickest preparation):

1. Cut or puncture film over food to vent steam during cooking, or remove meal from tray and place in a microwave safe dish.
2. Heat main portion in microwave for 5-7 minutes and side dish for 1-2 minutes (if heating separately) on high power.
3. Let stand 1 to 2 minutes. Carefully remove tray from microwave and remove film.
4. To ensure safety, test for proper temperature using a food thermometer (165°F) or heat until food is steaming hot. This may take longer than 5-7 minutes depending on microwave power and meal components.

NOTE: Damage to the plastic tray may occur from the following: failure to preheat oven and/or use cookie sheet, oven temperature above 400°F, use of a toaster oven, not puncturing film and/or not allowing trays to stand 1-2 minutes before removing from microwave.



To schedule a FREE visit with a Chicken Soup Brigade dietitian, call (206) 957-1600