

Weekend/Holiday Frozen Meal FAQ Sheet

- 1. How should I store the frozen meals?** Frozen meals should be placed in the freezer. For optimal quality, meals should be moved from the freezer to the fridge to thaw for at least 24 hours prior to consumption. Meals can also be heated without thawing.
- 2. The meals aren't frozen, what should I do?** If the meals arrived defrosted but cold, place in the refrigerator. If the meals arrived warm, please contact AgeSpan at 978-686-1422 prior to consuming the meal. Do not place thawed meals into the freezer.
- 3. What if I don't have room in my freezer?** The frozen meals can go directly into the refrigerator to thaw.
- 4. How long will these meals and milk last?** Meals should be consumed within 7 days (one week) after defrosting. If meals arrived frozen and were placed directly into the freezer, consume within 6 months.
- 5. How do I heat a frozen meal?** *Conventional oven:* Peel back plastic lid to vent or slit the film in each section. Set oven to 350 degrees and bake on a cookie sheet for 30 minutes maximum. *Microwave oven:* Peel back plastic lid to vent or slit the film in each section. Heat meal in microwave for 3-5 minutes maximum on high. Internal temperature should reach 165 degrees.
- 6. How do I heat a defrosted meal?** *Conventional oven:* Peel back plastic lid to vent or slit the film in each section. Set oven to 350 degrees and bake on a cookie sheet for 10 minutes maximum. *Microwave oven:* Peel back plastic lid to vent or slit the film in each section. Heat meal in microwave for 2-3 minutes maximum on high. Internal temperature should reach 165 degrees. Do not thaw your meal or milk on the counter. It must be kept in refrigerator while defrosting.

Contact AgeSpan with any questions or concerns 978-686-1422 or nutrition@agespan.org.



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