

BE SAFE

How to store the foods in your package, and how quickly you should eat them

PUT 'EM IN THE FRIDGE!

Perishable Foods Require Refrigeration

These foods should be refrigerated at a temperature of 41° or below

Milk & Juices

Pre-Bagged Fruits & Veggies

(like sliced apples or bagged carrots)

Consume by "best by" date on product

String Cheese & Yogurt

Consume within 3-5 days or by "best by" date

Deli Meat Sandwiches

Consume within 2 days

**DON'T FORGET!
WASH YOUR HANDS BEFORE & AFTER YOU COOK OR EAT**

IN THE CUPBOARD'S OKAY!

Storing Shelf-Stable Foods

Shelf stable foods are able to survive without refrigeration.

These foods should be stored at 85° or below

Muffins, Banana Bread, Cinnamon Rolls & Pastry

Consume within 5 days (or by the *Best By* date)

Cereal, Crackers & Chips

Fruit in Containers (like applesauce or peaches)

Dried Fruit (raisins, raisins)

Shelf-Stable Milk and Milk Products

These products should be consumed by the *Best By* date

ALLERGENS!

Please read all labels for allergens before consuming.



HOW TO REHEAT

MICROWAVE

1. Place item(s) on microwave-safe dish
2. Reheat in 90-second intervals

Make sure your food reaches an internal temperature of at least 165°

OVEN

1. Place item(s) on a cookie sheet or similar pan
2. Heat to an internal temperature of 165°

Since microwaves and ovens vary in power, please use your discretion in your cooking times and oven temperatures.

**DON'T FORGET!
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AND AFTER YOU COOK OR EAT**



For updates regarding meal distributions, please keep in touch with us on Facebook. Search for our page @groton.student.nutrition

