

# STORING & REHEATING MEALS

## STORAGE

Hot Foods should be consumed immediately or discarded within 2 hours.

Cold Foods should be refrigerated as soon as possible or within 2 hours.

Frozen foods should be stored in freezer immediately.

All foods should be discarded within 5 days or used by expiration date.

Adapted from : <https://www.lunchassist.org/covid-19>

## REHEATING INSTRUCTIONS

Microwave time are for 1 portion.  
All food should be reheated to 165 degrees.

Vegetables	2 min
Meat	2 min
Sliced Meat	1-3 min
Pasta	2-4 min
Casserole	2-4 min

[cookingforkids.ok.gov](http://cookingforkids.ok.gov)

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