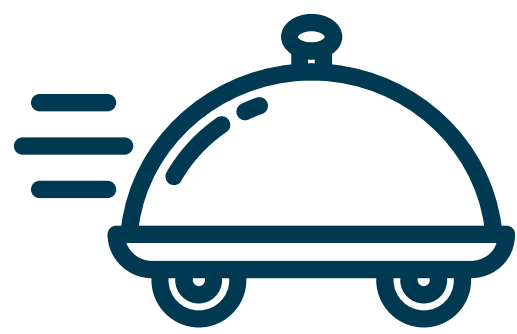



FOOD SAFETY: RECEIVING, STORING, AND REHEATING MEALS



Meals on Wheels Yolo County provides participants with hot and frozen meals. To help protect your health and safety, please follow these guidelines for properly storing and reheating meals to reduce the risk of foodborne illness.



WASH HANDS

- Before handling food, wash your hands for 20 seconds with soap and water.
- Rinse any fresh fruit that comes with the meal. 



2 HOUR RULE

IF YOUR MEAL IS RECEIVED HOT, EAT IT RIGHT AWAY. 

Do not leave cooked food at room temperature for more than 2 hours.

COLD STORAGE

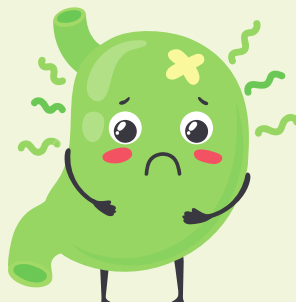
- Bacteria that can cause food poisoning grow quickly between 40°F and 140°F.
- Refrigerate all cooked and perishable foods promptly if they will not be eaten right away.



KEEP FREEZER <0°
KEEP FRIDGE <40°

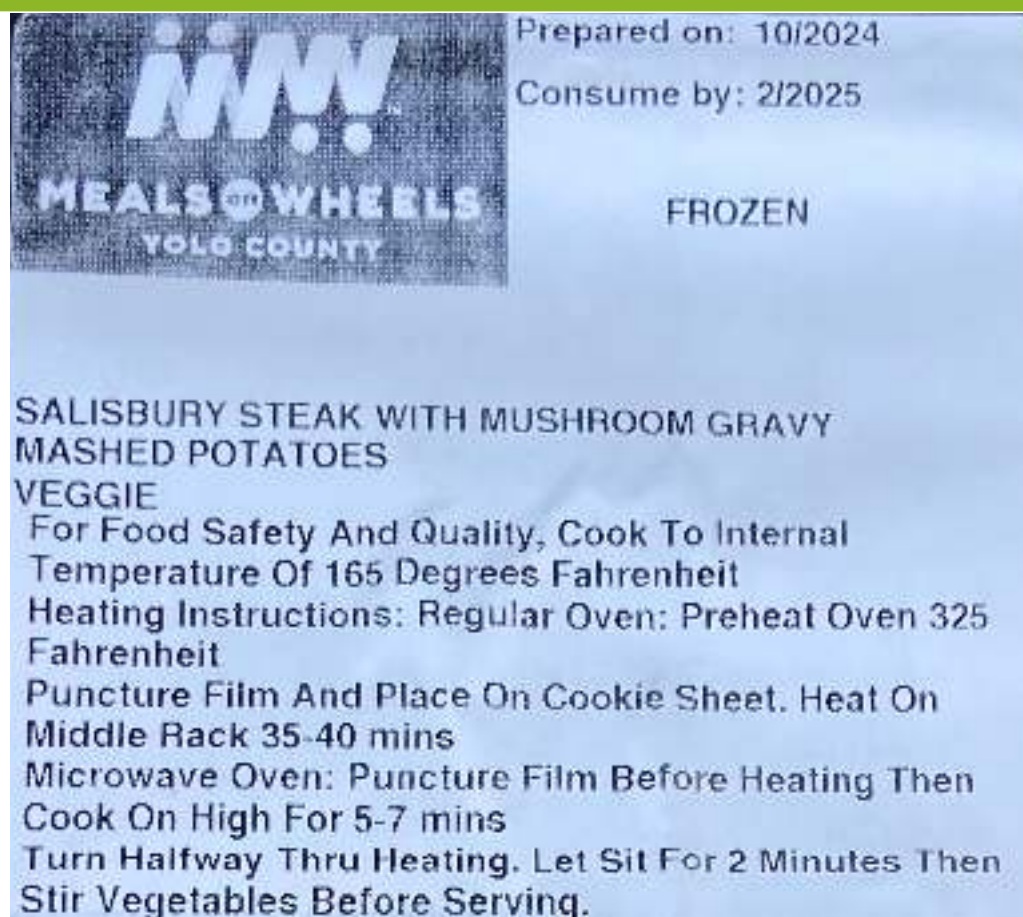
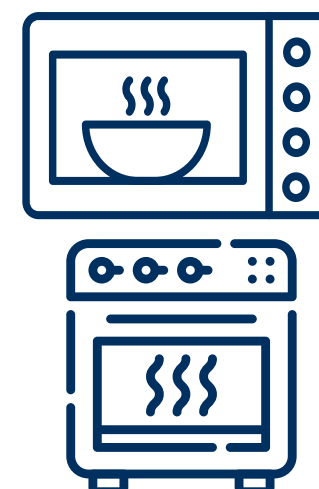


LEFTOVERS

Enjoy leftovers safely by eating or freezing them within 3-4 days. 

REHEATING

- Always use a microwave, oven, or stove to reheat your meals. Avoid relying on color or texture – these methods are only guesswork.
- Reheat foods to a safe internal temperature of 165°F and use a food thermometer to be sure.



TIPS

- Stir your food halfway through reheating to ensure even heating.
- Use a food thermometer to avoid overcooking. Once the meal reaches 165°F, it's safe and ready to eat.
- Remember, food continues to cook after being removed from the heat. To avoid overcooking, you can remove it just before it reaches 165°F.



165°F