

STORING & COOKING FACT SHEET

Your Meals on Wheels program provides a delicious selection of soups, entrées and desserts that are nutritionally balanced and produced by a specialist company called **apetito**.

Using the frozen meals service is very easy. Simply keep your frozen meals in your freezer and cook them from frozen – using a microwave takes just a few minutes.

How do I store the meals?

Our products should be stored in a freezer.

As soon as your meals are delivered, pack them away in the freezer and leave them until you are ready to heat them. Soups and meals should be heated directly from frozen.

Desserts should be thawed and/or heated according to label directions before eating.

If a product accidentally thaws or if a product has defrosted but has not been eaten, throw it away. Do not refreeze any products.

We do not recommend that you keep cooked meals or soups for later consumption.

Remember, “If in doubt, throw it out.”

Properly stored, our products will keep safely until the Best Before Date.

How do I cook the meals?

All of our soups and entrées should be cooked from frozen, there is no need to defrost them. All meals can be easily cooked in the microwave or oven.

Our soups can be heated on your stove top or in the microwave, just follow the instructions printed on the label.

Always ensure that your soup or meal is very hot throughout, then sit down and enjoy it.

