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

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

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

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

Dried Fruit (raisins, craisins)

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 invervals

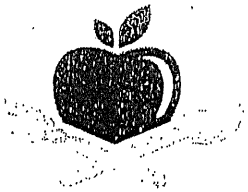
Make sure your food reaches an internal temperature of at least 165°

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!
WASH YOUR HANDS BEFORE AND AFTER YOU COOK OR EAT



WATERFORD
PUBLIC SCHOOLS
FOOD SERVICES