

MEAL STORAGE AND PREPARATION

MICROWAVE INSTRUCTIONS



1. Place frozen meal on a microwave-safe plate. Pull back film on all corners.
2. Microwave for 5 minutes. Remove and stir meal components.
3. Microwave an additional 1-2 minutes, until the temperature reaches at least 165° F in the center of the meal.
4. Let cool for 1-2 minutes and enjoy!

OVEN INSTRUCTIONS



1. Preheat oven to 350°F. Place frozen meal on an oven-safe baking tray. Leave the tray sealed.
2. Place on center rack of oven and set timer for 20-25 minutes. When time is up, check temperature in the center of the meal. Continue to heat until temperature is at least 165°F.
3. Let cool 1-2 minutes and enjoy!

MEAL-SPECIFIC INSTRUCTIONS

FRESH

Store in the refrigerator upon delivery. Eat within 3 days.

BREAKFAST SANDWICH

Can be frozen for up to 6 months from the "Packed on" date or stored in the refrigerator for up to 3 days. Remove egg patty and sausage patty (if included in your kit) and half of the vegetable hash side dish from the container and place on a microwave-safe dish. Cover and microwave for 2 - 2 ½ minutes, or place in an oven safe dish and bake at 350° F for 13 - 15 minutes, or until items are steaming hot and reach 165°F. Remove from microwave, place heated patties between 2 slices of bread or on a multigrain bun. Top with a slice of cheese (if included in your kit), additional toppings as desired and enjoy!

FRESH SOUPS (HMONG MENU)

Store in the refrigerator upon delivery. Eat within 3 days. To prepare: Add soup contents and 2 cups of Hmong broth to a large microwave-safe bowl and microwave for 2 minutes or until temperature reaches 165° F. Or, add soup contents and 2 cups of Hmong broth to a medium saucepan and heat on stovetop over medium-low heat until temperature reaches 165° F.

FAMILY-STYLE FRESH ENTREES (EAST AFRICAN MENU):

Store in the refrigerator upon delivery. Eat within 3 days. To prepare: Place tray on a microwave-safe plate. Pull back film on all corners. Heat in microwave 2-3 minutes or until temperature reaches 165°F in the center. Stir contents, let cool for 1-2 minutes and enjoy!

FAMILY-STYLE FROZEN ENTREES (EAST AFRICAN MENU)

Store in freezer for up to 6 months, or store in refrigerator for 3 days. To prepare: Place frozen meal tray on a microwave-safe plate. Pull back film on all corners. Microwave for 5 minutes. Remove and stir meal contents. Microwave an additional 1-2 minutes, until the temperature reaches at least 165° F in the center of the meal. Let cool for 1-2 minutes and enjoy!

INJERA (EAST AFRICAN MENU)

Keep injera frozen for up to 1-2 months or thaw overnight in refrigerator. Remove from package and microwave on LOW for 30 seconds for thawed or 1 minute for frozen. For best quality, eat within 1-2 days of thawing.



Delivery questions? Contact Client Services at 612-767-7333 or meals@openarmsmn.org.

Nutrition questions? Contact Nutrition Services at 612-540-7759 or nutrition@openarmsmn.org.