

WE WANT TO HELP KEEP YOU HEALTHY AND SAFE

Simple food safety guidelines for families receiving meals



Cold Foods

- **Cold meals** should be eaten immediately or refrigerated within two hours of receiving the meal.
- For **cold foods** like milk, cheese, and meat, refrigerate immediately at 41°F or lower.

Hot Foods

- **Hot meals** should be eaten immediately or refrigerated within two hours of receiving the meal.
- For all **hot foods**, use the stove, oven, or microwave to reheat foods to a minimum of 165°F or higher before eating.

Discarding Food

- Discard all meals left out at room temperature for two hours or more.
- Uneaten meals should be thrown away after four days.

Remember – Always wash your hands for at least 20 seconds with soap and water before eating your meals.

This information is provided by the California Department of Education, May 2020

This Institution is an equal opportunity provider

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