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

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