

Instructions For Keeping and Heating Your Meals

At Fresh Fit Chico we take foodborne illness very seriously. Since we deliver your meals once a week, we want to give you a few suggestions to make sure that your meals stay safe to eat through the week.

While we can guarantee that your meals are cooked to the correct temperature and refrigerated properly prior to delivery, everything after that point is entirely in your hands. Here are a few tips that will help keep your meals as safe and fresh as possible throughout the entire week.

-I strongly suggest keeping your meals thoroughly refrigerated/cooled until you're ready to eat them. I can't guarantee that your food is 100% safe unless it's kept under 40° F or 4.44° C at all times.

-I strongly suggest following the 7 DAY RULE when keeping your meals. This means that if your food was delivered on Monday you have until the following Monday to eat it. At this point I have to suggest that you toss any leftover food as I can't guarantee it's safety. Freezing meals can lengthen the life of your meals but may sacrifice taste and nutritional value, so try to eat all of your meals in a week!

-To REHEAT your meals:

1. Remove the plastic lid and check to make sure everything is microwave safe (some meals may contain a foil wrap or sauce container)
2. With the lid off, microwave on high for 2 min before checking the temp. If needed, continue to heat in 30 second increments until it reaches your desired temp. Heating times may vary for different meals, some may take up to 4 or 5 mins.

These are merely suggestions and may not fit your lifestyle or needs. However if these instructions are not followed, you are putting yourself at risk of incurring foodborne illness, so try to take care of your meals until you're ready to eat them.

Don't hesitate to reach out if you have any questions! Enjoy your food!



Thomas Parcell
(530)433-4282
freshfitchico@gmail.com