

WE WANT TO HELP KEEP YOU HEALTHY AND SAFE

Simple food safety guidelines for families receiving meals

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

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.