



Your Meal Preparation and Storage Guide

21 meals for £20

If you would like to place an order,
please call Age UK Lincoln &
South Lincolnshire on:
03455 564144

Partnerships
with purpose



21 meals for £20

Delivered to your door

Fresh meals should be stored, frozen and defrosted as per the following schedule:

	Storage Location	Defrosting Schedule
Day 1 (Delivery Day)	Fridge	N/A
Day 2	Fridge	N/A
Day3	Freezer	Defrost on Day 2
Day4	Freezer	Defrost on Day 3
Day5	Freezer	Defrost on Day 4
Day 6	Freezer	Defrost on Day 5
Day 7	Freezer	Defrost on Day 6

Please follow these guidelines for defrosting and reheating as per the UK Food Standards Agency:

- Food should be thoroughly defrosted prior to cooking.
- Food should be defrosted for 24 hours in the fridge to minimise the possibility of spoiling.
- When re-heating, make sure food is heated until it reaches a temperature of 70 degrees centigrade for 2 minutes so that it is steaming hot throughout.
- Ambient meals (porridge etc.) should be stored in a cool dry place until required.

If you have issues or concerns about your meal, please contact:

Salted Orange Food Co. on 07792 419 730

