



# MEALS ON WHEELS™

## Instructions for “Fresh” Meals

We hope you enjoy these fresh tasting meals. WCCS Meals on Wheels are specially prepared to be fresh, safe, and nutritionally balanced for you. The meals provide at least 1/3 of your daily nutritional needs.

The meal is kept cold until delivered to your door, so you don't have to eat it immediately. You may place the meal in the refrigerator and eat it when it is convenient for you.

Each meal is labeled with directions for reheating in a microwave oven or in your regular conventional oven. Additional foods, such as bread or roll, fruit, dessert, and milk do not need to be reheated and come in a separate package. The label includes an expiration/eat-by date.

### INSTRUCTIONS

- **REFRIGERATE** the fresh meal as soon as it arrives, unless you plan to eat it immediately.
- **When HEATING**, vent the plastic sections with a fork or pull back the corner of each food section to vent. **CAUTION!** Steam will be **HOT!**
  - To heat in a **MICROWAVE**: Heat the meal for 2-3 minutes on high or until the food reaches 165 degrees. (Begin with two minutes and increase the time if needed.)
  - To heat in a **CONVENTIONAL OVEN**: Place the meal on a cookie sheet in the middle of the oven. Heat at 350 degrees for 15 to 20 minutes.
- **CAUTION:** *NEVER use a toaster oven to heat your Meals on Wheels™*

**WCCS strives to bring you the highest quality services. If you WILL NOT be home to receive your meal, or have any questions or concerns please call 513-695-2256.**



*WCCS offers other Aging Services including: Senior Dining Sites, Senior Housing, Senior Transportation, Supportive Services, and The 741 Center. WCCS also operates Early Learning Centers, Energy Assistance Programs, the RSVP Volunteer Program, Adult New Readers, and GTEP.*