



## FAQ'S | Preparation and Storage

- ✓ Refrigerate your meals and enjoy by the best by date
- ✓ Review instructions on each package for preparation instructions, or reference your weekly menu insert
- ✓ You can freeze meals (minus any fresh greens or produce) if needed

Here are some helpful tips on storing, heating and if necessary, freezing your Seattle Sutton meals. If you have any questions please let us know.

### PREPARING AND STORING MEALS

#### Storing Your Meals

As soon as your freshly prepared meals are delivered or picked up, place your meals into a refrigerator that is set to 38 degrees. Meals are packed with a best buy date about 7 days after you receive them. We list out the recommended combination of breakfast, lunch, or dinner on the menu insert that was included in your meal bag for calorie consistency, but feel free to enjoy the meals in whichever order you prefer.

#### Heating Your Meals

Our GoGreen meal containers are made of polypropylene. This material is FDA-approved for food contact and microwave safe. You may also choose to remove from packaging and heat in the oven or air fryer. Each meal has the recommended serving instructions listed on the label, with additional heating instructions on the insert provided with your meals.

#### Freezing Your Meals

Many of our meals are freezable. If you cannot consume our meals by the best buy date, we recommend removing any fresh fruits or salads from the package, and then freezing. The containers are safe to freeze to- 40°F. So, if you are skipping a meal, feel free to put the meal in the freezer to enjoy later!