



CLIENT SERVICES

922 Vine Street
Los Angeles, CA
90038-2702
tel 323.845.1800
fax 323.845.1834
1 (800) 761-8889
angelfood.org

Food Safety

Cooking or heating food properly is very important to avoid food poisoning, or food borne illnesses. Sometimes when people think they have the “flu” or a “stomach bug” they really have a food borne illness. Below are some ups to help keep PAF meals safe.

HOT/COLD MEALS

- The hot entrée should always be consumed hot. When the daily meal is delivered, please reheat it whenever possible before eating it. If the meal is refrigerated, reheat it for 15 minutes at 350° in the oven or 2-4 minutes in the microwave. It should be so hot that you see steam rising from the center, or it reaches 165°F on a cooking thermometer.
- The salad should always be cold. Store the salad and dessert in the refrigerator.
- The Saturday cold meal must be placed in the refrigerator upon delivery. The meal should be consumed cold. Some of the chill can be reduced by heating it in the microwave for 30 seconds.

FROZEN MEALS

- Weekly frozen meals need to be placed in the freezer immediately upon delivery. Always thaw meals in the refrigerator, never leave it out on the counter.
- Frozen meals may be heated in several ways:
 - OVEN: Reheat thawed meals for 30 minutes at 350° F. Frozen meals should stay in oven for 45 minutes. Because some meals are more dense like casseroles, reheating may take up to an hour. Keep the plastic film on to prevent food from drying out.

MICROWAVE: Reheat thawed meals for 3-4 minutes on high power. A frozen meal may take 5-7 minutes depending on the microwave. Keep the plastic film on and insert a knife in the middle to create a small opening. If the microwave does not automatically rotate, turn the meals in the microwave half way through the cooking process to allow the food to heat evenly.

COMMONLY ASKED QUESTIONS

Should I wash raw meat, poultry or seafood before cooking it?

Although washing these raw food items may get rid of some pathogens, it also allows the pathogens to spread around the kitchen. Cooking these foods to a safe internal temperature destroys any bacteria that may be present.

What is the temperature range where bacteria grows quickly and makes food unsafe?

“Temperature Danger Zone” - the temperature range between 41° F and 140° F

for Life, for Love, for as long as it takes