Cooking and Food Safety Tips for Weekly Breakfast & Lunch Meal Packs

• Please consume all foods within 5 days, including the day you picked up your meals

• Store all foods in the refrigerator until you are ready to eat them

• Take foods out of their foil or plastic packaging before microwaving them

• Items wrapped in foil can be cooked in the oven

• Remove foods from Styrofoam and plastic containers or bags before cooking them

• Wash your hands before eating!

For more information, go to www.fayar.net or follow @whatsforlunchfayetteville on Instagram