



STORING YOUR MEALS

- ◆ STORE IN FREEZER IMMEDIATELY UPON DELIVERY
- ◆ FOR BEST QUALITY EAT WITHIN 3 MONTHS

THAWING YOUR MEALS

- ◆ THAW IN FRIDGE OVERNIGHT, PLACE FROZEN MEAL IN A LEAK PROOF BAG AND PLACE IN A COLD WATER BATH CHANGING THE WATER EVERY 30 MINUTES, OR THAW IN MICROWAVE AND COOK IMMEDIATELY.

REHEATING YOUR MEALS

- ◆ **OVEN COOKING:** PREHEAT THE OVEN TO 350°F/175°C. REMOVE THAWED MEAL FROM PACKAGE. COOKING TIMES WILL VARY.
- ◆ **STOVETOP COOKING:** FOR SOUPS, STEWS, OR CASSEROLES, REHEAT ON THE STOVETOP OVER MEDIUM HEAT. STIR OCCASIONALLY TO ENSURE EVEN HEATING.
- ◆ **INTERNAL TEMPERATURE CHECK:** ALWAYS ENSURE THE MEAL REACHES AN INTERNAL TEMPERATURE OF 165°F (74°C) THROUGHOUT. USE A FOOD THERMOMETER TO CHECK THE TEMPERATURE IN MULTIPLE SPOTS, ESPECIALLY THE CENTRE.

CONTACT US

PHONE:

902-916-9423

EMAIL:

RURALROUTES@
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MEAL SELECTION

- ◆ A MEMBER FROM THE MEALS ON WHEELS TEAM WILL EMAIL OR PHONE YOU BIWEEKLY FOR YOUR TWO WEEK MEAL SELECTION.

MEAL CANCELLATIONS

- ◆ WE ARE UNABLE TO ACCEPT MEAL CANCELLATIONS AFTER YOU HAVE PLACED YOUR ORDER. IF YOU MUST CANCEL A MEAL, YOU WILL STILL BE CHARGED FOR THE MEAL.

INVOICE & PAYMENT

- ◆ AN INVOICE WILL BE MAILED OR EMAILED TO YOU EVERY FOUR WEEKS.
- ◆ PAYMENTS CAN BE MADE THROUGH CHEQUE OR E-TRANSFER

PAYMENT OPTIONS

◆ CHEQUE:

MEALS ON WHEELS PEI
81 PRINCE STREET
CHARLOTTETOWN, PE,
C1A 4R3

E-TRANSFER:

INFO@MOWPEI.ORG