



FAQ'S

*Meal Prep  
& Storage*

- ✓ **Refrigerate your meals and enjoy by the best by date**
- ✓ **Review instructions for guidance on preparation and heating**
- ✓ **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 by date of about 7 days after you receive them.

### **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 preparation instructions listed on the label.

### **Freezing Your Meals**

Many of our meals are freezable. If you cannot consume our meals by the best by 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!

Still have questions? Visit [www.seattlesutton.com](http://www.seattlesutton.com) or call 800-442-3438