

A confidential, voluntary donation of \$2 per meal is suggested.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
() indicates sodium in milligrams * indicates a higher-sodium item	Note: To cancel your meal, please call our Mystic Valley Nutrition Department at least one day in advance before 11:30 AM: 781-388-2303	1	2	3
		8	9	10
6	7	15	16	17
13	14	VALENTINE'S DAY SPECIAL	23	24
20	21			
No meals served today in honor of President's Day.	28	GROUNDHOG DAY		
27				





ABOUT YOUR HOME-DELIVERED MEAL

Every meal provides an average of 700- 800 calories and a minimum of 1/3 of the Dietary Reference Intake of significant vitamins and minerals.

Your meal has no salt added and most have less than 1,200 mg of sodium per meal. The exceptions are meals marked as “high sodium meal”. Most meals come with bread or a roll, dessert, and 8 oz. of milk.

Food safety is important. Refrigerate your chilled meal immediately upon delivery. To reheat meals, slit or peel back film in each compartment. Microwave 2-3 minutes maximum on high or place the meal on a cookie sheet in a 350 degree conventional oven for 10-15 minus. to an internal temperature of 165 degrees. Do not use a toaster oven.

Keeping Your Food Safe After a Power Outage



After the loss of power, refrigerated or frozen foods may not be safe to eat. Keep refrigerator and freezer doors closed. If you do, your refrigerator will keep food safe for up to 4 hours without power;

- a full freezer will keep food safe for 48 hours;
- a half-full freezer will keep it safe for 24 hours.

After 4 hours without power, throw out refrigerated foods like meat, fish, eggs, milk and leftovers.

You can safely refreeze or cook food from the freezer if the food still contains ice crystals and feels as cold as if refrigerated.

- Throw out any food with an unusual color, odor, or texture.
- Never taste food to determine if it is safe to eat.

WHEN IN DOUBT, THROW IT OUT

To learn more, call 1-800-CDC-INFO or visit cdc.gov/foodsafety.

