

# Mashed food preparation guide

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Mashed foods products are ready-to-eat and therefore needs little preparation.

You will receive the products freshly made. You have a choice of product size ranging from; 300 g vegetables and 600 g meals for the adult range and 120 g for the toddler range.

## How to store

You have the option to refrigerate these products and consume within 3 days or to freeze these products for up to 3 months.

## To defrost

Remove product from freezer and let it defrost in the fridge a day before consumption.

**Or**

Get product from freezer and transfer from packaging into a microwavable bowl to defrost.

## To heat

Remove desired amount of product from the packaging and place into a microwavable bowl and microwave for 3 minutes and refrigerate the rest of the product.

**Or**

Remove desired amount of product from the packaging and place into a saucepan and heat on the stovetop until desired heat is reached and enjoy.