

Good to Go Food FAQs (all you need to know about storing and reheating your food)

When you receive your meals, please place them in refrigeration immediately to preserve their freshness. If you will not be home at delivery time, please leave a cooler to receive your food.

STORAGE AND FRESHNESS

How long does my food last? • We date the food on the day we make it. All items are prepared 1-2 days before delivery and are chilled. If there is an item that we mark as “Eat First” please consume that item in 48 hours. All other items can be consumed within 5 days (including delivery day.)

Can I freeze my food? • Often, yes. We mark items as “Freezer Friendly” if they can be frozen. We encourage you to freeze items you will not be consuming within the 5 days. You can choose to freeze items even if you will be consuming them sooner. If you will be freezing longer term, we recommend wrapping your container in plastic or putting it into a ziploc-style bag since containers are not air-tight.

HEATING OF YOUR MEALS

MICROWAVE: *Microwaving is not always the ideal way to reheat, but it is the easiest and what we most often do personally.* Remove your meal from the container and place it on a microwave-safe dish or plate before heating in the microwave so that the meal may heat more evenly. Be sure to loosely cover the food to help retain moisture, and allow for ventilation. A slightly damp paper towel works well.

Every microwave varies in power, so you will likely have to experiment to find the optimum time to cook each meal. We recommend heating meals from 1 to 3 minutes. The maximum temperature you will want the food to reach is 165°F or “steaming” hot. Try setting your microwave to 30-second increments. This will give you the opportunity to test the cooking time of different food items to make sure they are not being over-cooked.

CONVENTIONAL OVEN or TOASTER OVEN: Preheat oven to 350°. If your Good to Go item is in an aluminum container, you can reheat in the container. We often place our aluminum containers in the toaster oven to reheat. Depending on the quantity and density of the food, heat for 5 to 15 minutes or until your meal has reached your desired temperature.

Fish and seafood or breaded poultry generally heat up better in a conventional or toaster oven than in a microwave.

For a really deep dive on reheating, we recommend these [in-depth instructions](#) from Greatist.