

Area Agency on Aging District 7, Inc.
MEAL SERVICE PROGRAMS
Policy and Procedures

Policy Name: Reheating Meals
Policy #: MSP-013
Reference: Rule 173-4-04 (7)(b)(i)
Page: 1 of 1

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Policy: Providers will establish and follow safe and proper procedures when reheating foods/meals in a microwave at meal sites.

Procedures: When reheating foods in a microwave:

1. Cover and rotate the food for even heating.
2. Arrange food items evenly in a microwave -safe dish, and add some liquid if needed.
3. Be sure the covering is microwave-safe, and vent the lid or wrap to let the steam escape. The moist heat that is created will help destroy harmful bacteria and will ensure uniform cooking.
4. Stir food halfway through the cooking process to distribute the heat evenly.
5. Let meal stand for at least 2 (two) minutes after cooking to let the product temperature equalize.
6. Because microwaves have cold spots, check the temperature of the food in several places with a calibrated food thermometer to ensure that it is thoroughly cooked to a minimum internal cooking temperature of 165 degrees F (74 degrees C).

NOTE: Cooking continues for a longer time in dense foods such as a whole turkey or beef roast than in less dense foods like breads, small vegetables and fruits.