



## Reheating Guide

### Storage

Once prepared, foods should be handled and stored according to your Food Safety protocols. Cover and refrigerate between serving. Discard after 24 hours. Flavour Creations recommends use of the '2 hour/4 hour rule'.

### Microwave

1. Remove food from mould and place in heat-proof tray or container. Cover food securely and place into microwave.
2. Set microwave to 270 watts.
3. Reheat food for 3-5 minutes\*, if refrigerated, or until internal food temperature has reached a suitable and safe temperature.

### Steamer or Combi Oven

1. Remove food from mould and place in heat-proof tray/container. Cover food securely and place into oven.
2. Set oven to 100% steam or combination.
3. Reheat food for 10-15 minutes\*, if refrigerated, or until internal food temperature has reached a suitable and safe temperature.

### \*Important

- Reheating time may vary depending on portion size and amount of food being reheated.
- Check internal temperature of food regularly with a thermometer probe to ensure food is heated to a safe temperature.
- Reheat Shape It texture-modified food at a low temperature to avoid shape distortion and food drying out.
- Always have a Speech Pathologist confirm texture is correct and/or by testing according to IDDSI Testing Guidelines at [iddsi.org](http://iddsi.org).

All recipes were pureed using a Robot Blender, which creates a very smooth puree. Using other equipment can cause variations. Confirm the final texture with a Speech Pathologist or by testing according to IDDSI Testing Guidelines at [iddsi.org](http://iddsi.org).

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