



- All Better Meals are fully-cooked and frozen. The containers and the top seal (film on top of the tray) are safe for both microwave and oven.
- **Each meal is stamped with an approximate heating time. This information is based on a 1000W microwave. Your own microwave or oven may have longer or shorter heating times.**
- Do not refreeze your meals once they are thawed.
- **Aluminum trays (with fruit pies only) should be removed before microwaving.**
- Cling film (with muffin, scones, biscuits, quiche and pasties only) should be removed before heating by any method.
- **It is always better to under-heat a meal than to over-heat. Over-heating toughens and dries out the meal.**
- To determine the right heating time for your appliance, try heating your frozen meal for less than the recommended time, adding more time in small increments, if needed.
- **Does the tray buckle during heating? Use your fork to poke a small hole in the middle of each compartment in the tray. This relieves air pressure without drying out your meal.**
- We have included a blank table for you to record the ideal heating times for your favourite meals.

ITEM	MY HEATING TIME	ITEM	MY HEATING TIME

If you have any questions, please call the order desk at 604-299-1877 or toll-free 1-888-838-1888. You can also email us at contact@bettermeals.ca