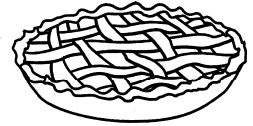


Take the Hassle Out of Preparing Holiday Meals: Cook Ahead



- ❖ **Put together a vegetable casserole the day before your holiday meal.** Store in the refrigerator and bake the day of your meal.
- ❖ **Fresh fruits and vegetables can be cut the day before serving.** Store in air-tight containers in the refrigerator.
- ❖ **Non-perishable goods, like cakes, cookies and breads, may be prepared a few days in advance.**
- ❖ **Thaw frozen meat, poultry and fish in the refrigerator.** Allow approximately 24 hours for each 5 pounds of weight.
- ❖ **If you prepare meat, poultry or fish the day before your holiday meal,** divide cooked meat, poultry or fish into small portions, place in shallow containers and refrigerate loosely covered. After it has cooled, cover tightly. The day of your holiday meal, reheat thoroughly to 165°F until hot and steaming. It is safest to reheat foods only once.



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