



IMPORTANT:

The grab and go table is not designed to heat or cool foods, it is designed to help foods maintain temperature for short periods of time. Cold foods should be cold/cooled before placing in the Grab & Go station – i.e. – taken from refrigerator and placed in food pan in table. Hot foods should be heated appropriately and placed in Grab & Go food pan or placed in food pan immediately after cooking. **Never heat without completely covering with water.**

HOW TO USE:

Place Hot 'N' Cold Pak™ on the bottom of the Grab & Go station's insulated compartment to keep prepared foods warm or cool. For maximum output, completely surround contents of your insulated container with pre-heated or cooled Hot 'N' Cold Paks™.



RECOMMENDED HEATING INSTRUCTIONS

Boiling Water:

If heating using a stove it is recommended to boil a pot of water large enough to hold the packs to be heated and enough water to submerge the packs. Remove the boiling water from heat and carefully place the packs in the water for 5 minutes to heat. If placing more than one pack in the hot water bath time may need to be adjusted slightly to ensure pack heats sufficiently. Can be reheated over and over again.

Microwave:

If using a microwave the pack can be submerged in water in a microwave safe dish and heated according to the wattage of the microwave. Place in an open microwave safe container. Completely cover with hot water. Heat at full power for 3 minutes (time based on 600 watt microwave). Heat at 30 second intervals if additional heating is required. Can be reheated over and over again.



RECOMMENDED COOLING INSTRUCTIONS

Freezer

To cool simply place in a freezer overnight. Remove and place in insulated compartments. Can be refrozen over and over again.

