How to heat MREs

Each week, your Meals On Wheels St. Petersburg delivery may include more than three meals, like MRE’s. These additional meals, like MRE’s, are meant to ensure you have enough lunchtime meals during COVID-19. MRE’s are free of cost to our recipients. MREs are pre-cooked meals making them safe to eat straight from the package—warm or cold. We have provided a few ways to heat the MRE’s, if you would like to warm them up. Please call us with any questions at 813-344-5837. Thank you!

Please note: If you plan to use a microwave to heat your MRE, ALWAYS remove the contents from the pouch into a microwave-safe bowl prior to heating. The packaging is dangerous and WILL damage your microwave.

Using a Microwave to Heat MREs (CAUTION!)

- Remove the MRE pouch from the cardboard box.
- Cut open MRE pouch and place contents in a clean microwave-safe bowl or plate. (Do not place the MRE retort pouch in a microwave!)
- Cover with paper towel.
- Microwave on high for a couple of minutes (2–3 minutes).
- Carefully remove from microwave (caution: contents will be hot!) and your MRE is ready to eat!

Heating MRE’s in a Saucepan

- Remove the MRE pouch from the outer cardboard box.
- Cut open the MRE pouch and empty contents in a saucepan.
- Heat contents at “Medium to Medium-high” temperature for approximately 5 minutes.
- Remove the saucepan from the heating source, transfer contents to a clean dish, and eat! Caution: Saucepan and contents will be HOT!

Heating MREs in the Oven

- Remove the MRE pouch from the cardboard box.
- Cut open MRE pouch and place contents in a clean oven-safe dish. (Do not place the MRE retort pouch in an oven!)
- Heat in a 350° oven for approximately 7–10 minutes.
- Carefully remove from oven (caution: contents will be hot!) and your MRE is ready to eat!

Other Alternatively-used MRE Heating Methods

- Remove the MRE pouch from the cardboard box.
- Hold the MRE pouch next to your warm body