Send a guest meal home with a readable contents label

Free contents and preparation-date labels; no universal reheating instructions. Use the free worksheet with the steps below. Compare the optional supply only if you need it.

Materials: Suitable containers; external labels; pen; cold transport if needed

1. Check before starting

List the actual contents and ingredients before packing. Select food-appropriate containers and follow safe cooling guidance.

2. Plan the arrangement

Write contents and preparation date clearly on an external label. Include known food-specific handling information without inventing a storage duration.

3. Finish and review

Keep perishable meals appropriately cold in transport. Tell recipients to follow established food-safety guidance for storage and reheating.

Use actual product, material and recipe directions.

Your printable workspace

Sketch your layout or compare the exact options

Contents and ingredients

Preparation date

Food-specific handling

Record actual dimensions, contents and maker directions. The illustration is a concept, not an exact product photograph or hands-on test.