



FREEZER SAFETY 101

Getting the Most Out of Your Freezer

HEALTHY EATING

Freezer Safety 101

Move over pantries and canned foods, your freezer is your best friend for storing healthy foods! In times of shelter-in-place and emergencies, grocery stores may run out of staple foods such as pasta, beans and canned goods.

1. Freezing Extends the Life of Your Fresh Products

- Think fruit, vegetables, whole grain breads, meat/poultry and even herbs.
- Some breads are already purchased frozen (in particular, gluten free) but you can freeze any bread, English muffin or bagel without greatly affecting its integrity. To thaw, simply microwave or place directly in toaster.
- Bananas are great frozen and can be used for smoothies
- Freeze your herbs and spices in ice cube trays in olive oil or water and thaw in refrigerator prior to use

2. Prepare Meals in Batches

- Soups are typically made in large batches and are a great way to combine nutrient rich vegetables, whole grains and legumes. To store, use microwave safe Tupperware and defrost in the microwave under the “defrost” setting. Can also place container in hot water to loosen and then thaw in a covered pan on low heat.

3. Freezer Burn Doesn't Mean the Food has Gone Bad

- People sometimes throw away food that has freezer burn. Freezer burn may affect the texture and color, but it does not mean there is bacteria present
- To prevent freezer burn, try to get as much air out of the container prior to freezing use the FDA guide below on safe freezing times

4. Cool Foods Prior to Freezing

- Placing hot items in the freezer not only defrosts nearby freezer items

5. Organize Your Freezer

- Label and date your items and place newer items in the back, older in the front