

Freezing

Why should you freeze food?

Freezing extends the storage time of perishable foods.

Freezing is a quick and convenient food preservation technique.

Freezing your own meals, produce, etc can be cheaper, more nutritious and tastier than store bought freezer products.

What foods can you freeze?

Meals (casseroles, soups, etc)

Fresh meats

Processed meats (hotdogs, lunch meats, diced ham, etc)

Butter/ Margarine

Nuts

Chocolate

Cookies

Cookie dough (scoop out and flash freeze, then put in freezer bag for your own [break and bake])

Shredded cheese (blocks get crumbly when defrosted)

Breads (loaves, bagels, buns, etc)

Bread dough

Baby foods

Eggs (crack open and whisk lightly)-can do just whites as well

Fruits and veggies (some must be steamed or blanched first)

Purees (pumpkin, berry, etc)

Fresh Salsa

Oil

Pies and cakes

Milk products (yogurts like gogurt, whipping cream, half and half, buttermilk-
measure into- C or 1 C portions and freeze)

And more!!!!