

# FREEZING YOUR FOOD



## Fuel Your Family



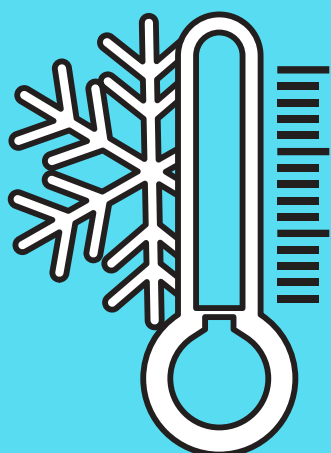
### WHAT CAN YOU FREEZE?

You can freeze a lot of food. A few exceptions are canned food or eggs in their shells.

Some foods don't freeze well like mayonnaise, cream sauce and lettuce.

### DOES FREEZING DESTROY BACTERIA?

Freezing to 0 °F inactivates any bacteria, yeasts and molds — present in food. Once thawed, however, these microbes can again become active, multiplying under the right conditions to levels that can lead to foodborne illness.

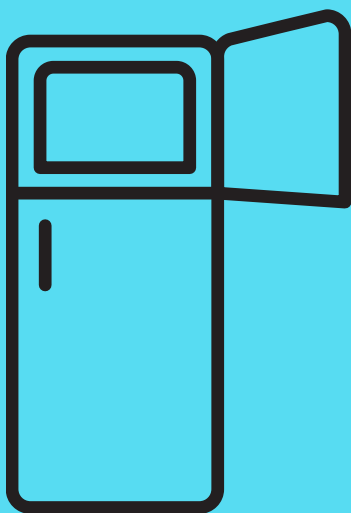


### FRESHNESS & QUALITY

Freeze foods at peak quality to ensure the best condition once thawed. Freeze items you won't use sooner rather than later. Store all foods at 0° F or lower to retain vitamin content, color, flavor and texture.

### FREEZER BURN

Freezer burn doesn't make food unsafe, merely dry in spots. It's caused by air coming in contact with the surface of the food. Cut freezer-burned portions away either before or after cooking the food. Heavily freezer-burned foods may have to be discarded for quality reasons.



### PACKAGING

Proper packaging helps maintain quality and prevent freezer burn. It is safe to freeze meat or poultry directly in its original packaging, however this type of wrap is permeable to air and quality may diminish over time.

For prolonged storage, overwrap these packages as you would any food for long-term storage. Freeze unopened vacuum packages as is.

#### SOURCE:

[HTTPS://WWW.FSIS.USDA.GOV/WPS/PORTAL/FSIS/TOPICS/FOOD-SAFETY-EDUCATION/GET-ANSWERS/FOOD-SAFETY-FACT-SHEETS/SAFE-FOOD-HANDLING/FREEZING-AND-FOOD-SAFETY/CT\\_INDEX](https://www.fsis.usda.gov/wps/portal/FSIS/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/freezing-and-food-safety/ct_index)

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