

Module 11, Lesson 4 Tool:

Freezing Foods

Freezing foods is a great way to cut down on food waste, prevent food from spoiling and ultimately reduce your carbon footprint. A great way to live that pillar of a Nutritious Life, Live Consciously.

Here are some things to keep in mind when freezing:

General Freezing Tips

- Keep your freezer set at 0°F
- Label all foods with the date and contents
- Practice first in, first out for similar items
- Keep your freezer at least 75% full for maximum freezing efficiency
- Store food in freezer bags and remove as much air as possible to help prevent freezer burn and spoilage. Freeze in portions appropriate for your household
- Leave space in containers in case foods expand when frozen
- Wash produce thoroughly before freezing
- Freeze items like berries, cookies or meatballs in a single layer on a baking sheet first, then place frozen pieces in bags for long-term storage
- Do not refreeze meat after it has been thawed

Storage Lengths

- Fruits, vegetables, juices and concentrates: 6 to 12 months
- Prepared smoothies: 1 month
- Bread: 3 months
- Cooked grains (rice, pasta, whole grains): 3 months
- Beef and lamb: 6 to 12 months
- Pork: 4 to 6 months
- Whole chicken and turkey: 12 months
- Chicken and turkey (parts): 6 months
- Ground meat and poultry: 3 to 6 months
- Cooked meat and poultry: 3 months
- Fatty fish: 3 months
- Lean fish: 6 months
- Cooked fish: 4 to 6 months

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- Shellfish: 3 months
 - Broth, soups, stews, chili: 3 months
 - Casseroles (without eggs, meat or fish): 1 to 2 months
 - Cookies: 6 to 8 months
 - Muffins and quick breads: 6 to 12 months
 - Nuts: 3 months
 - Butter: 6-9 months

Don't Freeze These Foods

- Salad greens and lettuce
- Crisp raw vegetables like radishes and cucumbers
- Raw potatoes
- Eggplant
- Melons
- Citrus
- Apples and pears
- Eggs in the shell
- Soft cheese
- Sour cream and heavy cream
- Yogurt
- Buttermilk
- Deli meats