

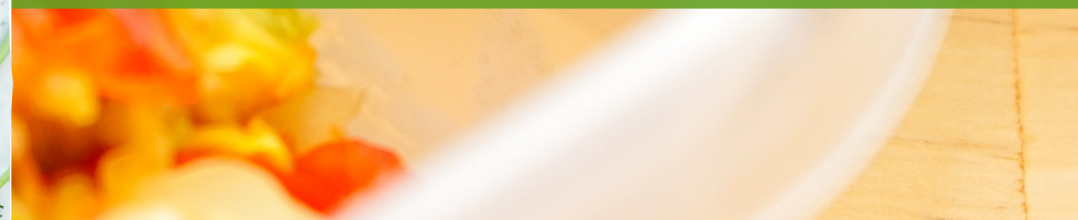
Vegetables

- Freeze fresh vegetables.
 - Lay each flat on a tray.
 - Place the tray in the freezer.
 - Once frozen, store in an airtight container.
 - Frozen vegetables are good for 18 mos.
- TIPS!
 - Add a "Use By:" on the container.
 - Vegetable texture may change with freezing, but are great for soups and stir-frys.



Leftovers

- Freeze leftovers.
 - Allow leftovers to cool first.
 - Place in containers and layer with plastic wrap, placing the lid on.
 - Thaw in the refrigerator for 24hrs before reheating.
- TIPS!
 - Label and date your leftovers.
 - Do not thaw on the counter top or outside.



More for Your Money!

How to stretch YOUR grocery budget?

Tips for Freezing





Dairy

- Freezing milk? Yes, it's a thing!
 - Store in an airtight plastic container.
 - Leave room for the milk to expand in the container.
 - Frozen milk is good for 3 months.
 - Use within 7 days of thawing.
- Freezing cheese.
 - Pre-shredded or block cheese can be frozen.
 - Best cheese for freezing: cheddar, parmesan, shredded mozzarella & other hard cheese.
- TIPS!
 - Cheese texture will change with freezing, so use for cooking.



Fruit

- Freezing fresh fruit.
 - Laying fruit flat on a tray.
 - Once frozen, store in airtight containers.
 - Fruit texture may change when frozen.
- TIPS!
 - Best to use in smoothies or yogurt parfaits when thawed.
 - Be sure to date it and use frozen fruits within 12 months.



Meat

- Freezing Meats.
 - Divide meat into serving sizes that work best for your family.
- Wrap each serving individually in plastic wrap to keep air out.
- To thaw, use:
 - Microwave (defrost).
 - Refrigerator.
 - Cold water bath in a clean pan.
- TIPS!
 - Label and date. Raw frozen meats can be good for up to 12 months.
 - Do not thaw on the counter or outside.