

# Freezing



Freezing is a simple way to preserve foods and extend their shelf life. When done correctly, freezing preserves flavor and nutrients very well. It is best to freeze foods in easy-to-use portions, because most foods can't be refrozen once defrosted.



## What to freeze

- Raw meats
- Cut fruits and vegetables (vegetables should be blanched)
- Prepared soups, stews, and casseroles
- Bread, cookies, and other baked goods. Freeze baked goods fully prepared, or freeze raw and bake from frozen.

## Packaging

Use resealable “freezer” bags, freezer-safe containers, or several layers of plastic wrap. Keep air out to avoid freezer burn.



## What not to freeze

- Cooked pastas, potatoes (except mashed), and rice
- Most hard cheeses
- Cooked eggs
- Crisp veggies (cucumber, radish, lettuce, celery, cabbage)

## Safe defrosting

- When defrosting any food, it's best to plan ahead and thaw in the refrigerator at 40°F or below.
- To thaw frozen food faster, run it under cold water or heat with a low power setting in the microwave.
- Microwave defrosting is only recommended for foods that will be cooked immediately, or already prepared foods (such as frozen portions of soup).
- It is unsafe to thaw meat on the counter or with hot water.

Source: [nchfp.uga.edu](http://nchfp.uga.edu)

lovin'  
spoonfuls  
a food rescue



## Tips for freezing bread

- Wrap thoroughly, ideally with plastic wrap, to avoid any air exposure.
- Slice before freezing!
- Freeze immediately; the fresher when frozen, the better the bread will defrost.

## “Can I freeze milk?”

Yes, it's okay to freeze milk! If the sell-by date on your milk is approaching, it's fine to freeze it for later use.

- Milk will expand when it's frozen, so be sure to leave room in the container so it won't burst. (The photo shows the same amount of milk before and after freezing!)
- After you have frozen your milk, it can be thawed in the refrigerator or in cold water.
- Previously frozen milk is safe to consume, but the flavor and texture of the milk may be affected.

Source: [healthyating.org](http://healthyating.org)

