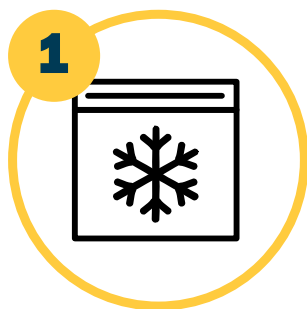


TOP TIPS FOR

Freezing Recipes

Foods easy to freeze: Casseroles, soups & chili, baked dishes.



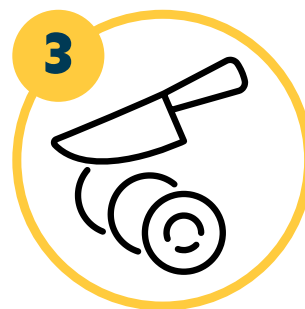
1 Freeze in freezer-friendly bags instead of rigid containers.

You can freeze food flat (which helps it freeze and reheat more evenly), and it is easier to make room, arrange things, and keep your freezer organized.



2 Freeze in individual portions

This will allow you to easily reheat food as needed. You don't want to continuously reheat and refreeze food (it's a hassle, plus it can cause contamination in some foods).



3 Portion, cut, and chop up foods and ingredients the way you want to serve them.

For example, chop and slice bananas and fruit, portion ground beef and meat into serving sizes, etc. Otherwise, you'll end up with large amounts of frozen food that can't be separated until reheated.



4 Don't freeze foods while hot

Rather, let them cool to room temperature, or place them in the fridge overnight before moving to the freezer.



5 Remove as much air as possible

Before sealing and freezing, remove air from bags and containers. This prevents freezer burn and helps food last longer.



6 Label your containers

This will help you later to easily identify the food you want to reheat. Use a permanent marker and freezer tape to write recipe names on bags and containers. Otherwise, you might end up with a lot of soups and casseroles that you can't tell apart.