



## What is Freezer Burn and is it Safe to Eat?

Freezer-burned meat will have grayish-brown dehydrated spots on it. Why? The air in the freezer has caused the meat to lose some of its moisture.

Meat that has not been properly wrapped or that has been stored for an extended time will get freezer burned. To prevent freezer-burned meat, store meat that is in its original wrapping for only a very short period of time in the freezer. However, meat in its original wrapping can be wrapped in aluminum foil, heavy freezer paper or freezer-weight plastic zip-closed bags to extend the amount of time that the meat can be frozen without getting freezer burn. If preferred, meat may be taken out of its original wrapper and rewrapped in special freezer-type paper or stored in a freezer-weight plastic zip-closed bag.

If you do have a piece of meat that is slightly freezer burned, you can cut off the damaged area before cooking. If the meat is badly freezer burned, it is best to throw away the meat because the flavor and texture of the meat won't be good. It is always a good idea to label anything you store in the freezer with the name of the food and the date you put it into the freezer.

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

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