



Freeze it Quick

Freezing is a quick, easy way of saving a food you like to eat for another time. It works because at 0 degrees, the food ages, or ripens very slowly. After thawing the food, you have to eat it as soon as possible because when it's not frozen it continues to age until it spoils.

Two kinds of freezer packaging materials are bags and containers. Reclosable plastic freezer type bags, tins and rigid plastic freezer containers all work well for freezing food. Aluminum foil is a popular freezer wrap, but it tears, so you might want to wrap in plastic and then foil.

Not all materials are moisture and vapor-proof: Sandwich bags, produce bags, bread sacks and waxed paper are not. So freeze in products specifically made for freezing to preserve food quality. Label containers with the contents and date before freezing to help you use the food first that has been in the freezer the longest.

Lastly, check to be sure your freezer temperature is 0 degrees or lower. If ice cream in your freezer is soft, your freezer is too warm.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



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