



# Tips for Freezing Dinners

## *Chill*

- Cool quickly before freezing
- Warm/hot foods will raise freezer temps and alter taste of food
- Fat spoils in the freezer

## *Freeze Quickly*

- Better taste when thawed
- Arrange in single layer
- Freezing slowly allows for ice crystals to form

## *Unfriendly Freezer Food*

- Sauces/gravies made with cornstarch
- High water content fruits/vegetables
- Cooked potatoes
- Fully cooked pasta
- Dairy products

## *Freezer Friendly*

- Freeze at peak of their quality
- Store below 0 degrees
- Casseroles, soups, stews, chili's, and meat loaf

## *Storing*

- Use moisture proof zip top plastic bags
- Store in small servings
- Label with permanent marker

## *Defrost*

- Refrigerator/microwave
- Never at room temperature

## Fresh Vegetable Storage and Cleaning Guide

Consult this guide for specific food safety steps for each type of vegetable.

Most vegetables need to be refrigerated, especially after they ripen. After any vegetable has been cut or peeled, refrigerate leftovers immediately.

Vegetable	Storage	Rub with fingertips or scrub with a produce brush?	Additional tips
Avocado	Refrigerate after ripening	Scrub	
Broccoli	Refrigerate	Rub	
Carrots	Refrigerate	Scrub	
Chiles/other peppers	Storage in cool place (like basement or garage) preferred; can be refrigerated	Rub	Keep hands away from face when washing hot peppers.
Corn	Refrigerate	Rub	
Cucumbers	Storage in cool place preferred; can be refrigerated	Scrub	Rinse and scrub well to remove waxy surface. Remaining waxes are safe to eat. Rinse before peeling.
Garlic	Do not refrigerate	Scrub	
Green Beans	Refrigerate	Rub	Rinse and rub before snapping the end of the beans off.
Lettuce	Refrigerate	Rub, moving leaves	Remove outer leaves. Bagged lettuce labeled “pre-washed” does not need to be washed again
Onions	Can be refrigerated but not necessary	Scrub	Store in a well-ventilated place so that air can get to onions. Do not freeze whole onions.
Potatoes	Do not refrigerate	Scrub	Remove eyes with a knife or peeler
Radishes	Refrigerate	Scrub	
Spinach	Refrigerate	Rub, moving leaves	Bagged spinach labeled “pre-washed” does not need to be washed again
Squash	Do not refrigerate	Scrub	
Tomatoes	Refrigerate after ripening	Rub	
Zucchini / Summer Squash	Refrigerate after ripening	Scrub	Rinse before peeling

### Sources:

University of Rhode Island Extension (2007). *Garden to table: Storing fresh garden produce*. Retrieved from:

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<http://www.ext.colostate.edu/pubs/foodnut/09380.html>