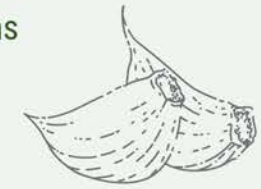
Foods that Freeze Well at Home

FROZEN FOOD AT GROCERY STORES ARE FROZEN THROUGH SPECIAL METHODS AT FOOD PROCESSING PLANTS. BELOW ARE CONSIDERATIONS FOR FREEZING FOOD AT HOME.

Freeze at home

- Berries
- Cherries and stone fruits
- Pears and grapes
- Stocks and soups
- Chili and stews
- Most sauces
- Cooked bread and rolls
- Peeled ginger root
- Peeled garlic
- Dough
- Herbs
- Onions



Do not freeze at home

- Cooked macaroni
- Cooked rice
- Cooked or raw egg
- Raw tomatoes
- Raw vegetables
- Lettuce and cucumbers
- Fried foods
- Potatoes

Blanche before freezing

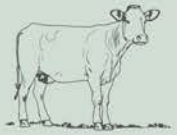
- Summer squash
- Peas
- Green beans
- Carrots,
- Broccoli
- Cauliflower
- Tomatoes

TO BLANCHE FOOD

1. Chop into equal-sized pieces.

2. Briefly put in boiling water.

Freezing Food at Home Guide

Food Item	Months
Fruits	8-12
Vegetables	8-12
Poultry	6-9
Fish	3-6
Beef 	3-4
Cured Meat	1-2