

# frozen food

## storage tips

### when shopping

Add frozen foods to your cart **toward the end** of your grocery shopping trip.

**Bag frozen foods** in a **thermal shopping bag** to maintain cold temperature between grocery store and home.

**Unload frozen foods** from vehicle **to home freezer immediately** upon arrival.

## organize your freezer

For meal-prep ease and convenience, group frozen foods into categories.



### Frozen Vegetables

Broccoli, Corn, Green Beans, Spinach, Brussels Sprouts, and Peppers & Onions

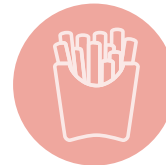
**Frozen Fruits**  
Blueberries, Strawberries, Raspberries, Mango, Pineapple, and Mixed Fruit Medleys



### Frozen Meat, Poultry & Plant-Based Alternatives

Meatballs, Chicken Fillets and Veg-based Burgers & Crumbles

**Frozen Side Dishes**  
Potato Shreds, Fries & Tots, Tortellini, Ravioli, Rice Bowls, Veggie Souffles, and Bread & Rolls



### Frozen Desserts

Pies, Cakes, Pastry Dough, Popsicles, Ice Cream, Novelties, and Portion-Controlled Treats



### Frozen Seafood

Shrimp, Salmon, Crab Cakes; Cod, Tilapia, and other Fish Fillets

**Frozen Breakfast**  
Waffles, Pancakes, French Toast, Hash Browns, Breakfast Sandwiches, and Veggie Bacon & Sausage



**Frozen Entrees**  
Pizza, Lasagna, Stir Fries, and Individual & Skillet Meals



### How long can food be kept in the freezer?

Frozen foods, stored continuously at 0°F or below, can safely be kept indefinitely.

however...  
quality can degrade over time.  
Discard or compost anything past its prime.



For frozen food safety, follow preparation and cooking instructions on packages.

Maintain freezer temperature at 0°F or below.

0°F

Use a frost-free freezer or defrost manually, once a year, to boost efficiency.

Do not overpack your freezer to allow air to circulate properly.



EasyHomeMeals.com



*It's best to buy what you can use within a few months to a year.*

**FOR ADDITIONAL FOOD STORAGE TIPS, VISIT [FOODSAFETY.GOV](https://www.foodsafety.gov).**