

# NUTRITION TO GO

## Freezing Food

Freezing food is a great way to keep your food from going bad. The key to freezing food is knowing what foods freeze well, how long food can be frozen for, and how to properly label your food.

### Why should I freeze food?

Freezing food can stop your food from going bad. The low temperatures in a freezer stops bacteria from growing which will keep food safe for a longer period of time.



### How to freeze food?

Most foods freeze best in single serving containers so that you can defrost them for later use. For limited space, you can store items in plastic bags & stack them. The key to freezing any food is to **label the container** with the food inside, and the date it was made. During a power outage, a full freezer will hold the temperature for ~48 hours, and a half-full freezer will hold for ~24 hours. Try to keep the door closed, and food will remain safe as long as the temperature does not go above 40°F.



### How do I thaw my food safely?

- 1) In the refrigerator: Thaw raw meat, poultry, and seafood on the bottom shelf of the refrigerator so that the juices don't leak on the other foods.
- 2) Under cool, running water: For faster thawing, place food in a leak proof plastic bag and run under cool tap water.
- 3) In the microwave: This is only safe if you cook the food **immediately** after microwaving.

**NOTE:** If you thaw, you can refreeze as long as the food is not out for more than 2 hours and does not reach the danger zone (between 40°F to 140°F)

## DO NOT THAW FOOD ON THE Counter



### DO FROZEN FOODS HAVE FEWER NUTRIENTS than fresh?

No. Frozen fruits and vegetables are just as healthy as fresh. This is because frozen products tend to be packaged at their peak ripeness, a time when they are most nutrient-packed.

Turn the page for freezer tips, and a freezer friendly recipe!

## How long can my food be in the freezer safely?

Food	Freezer (below 0°F)
<b>Eggs</b> Fresh, in shell Hard cooked Egg substitutes, Open	Do not freeze well Do not freeze well 12 months
<b>TV dinners/frozen casseroles</b> Keep frozen until ready to serve	3-4 months
<b>Soups &amp; stews</b> Note that cream based dishes do not usually freeze well.	2-3 months
<b>Hamburger, ground, &amp; stew meats</b>	3-4 months
<b>Hot dogs, luncheon meats, fully cooked ham</b>	1-2 months
<b>Ground turkey, veal, pork, lamb, &amp; mixtures</b>	3-4 months
<b>Fresh beef, veal, lamb, pork</b>	4-6 months
<b>Fresh poultry</b>	9 months
<b>Cooked meat &amp; poultry leftovers</b>	2-3 months
<b>Most fruit especially for smoothies</b>	4-6 months
<b>Most vegetables except raw lettuce, cucumber, tomatoes, and cabbage</b>	8-12 months

# Blackened Tuna Patties

Servings per recipe: 4    Prep time: 10 minutes

Serving size: 1 patty    Cook time: 5 minutes



## Ingredients

- 1 (5 ounce) can tuna, packed in water, drained
- ¼ cup diced onion
- ⅓ cup shredded or diced vegetables (like carrots, celery, peppers, or zucchini)
- 2 tablespoons salad dressing
- 1 teaspoon garlic powder
- 1 beaten egg
- ⅓ cup plain bread crumbs

## Directions

- 1) Stir tuna, onion, vegetables, dressing and garlic powder in a bowl. Mix in the beaten egg.
- 2) Stir the bread crumbs into the mixture. Let the mixture rest for 5 minutes.
- 3) Make into 4 patties. Heat skillet to medium.
- 4) Spray the pan with nonstick cooking spray. Cook the patties on each side for about 2-3 minutes, until browned.

**Freezer tip:** Wrap individually in foil or wax paper and place in a gallon size bag.

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 patty</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 11mg	<b>0%</b>
Iron 1mg	<b>6%</b>
Potassium 62mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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 More Information  
 1-877-366-3874**