

CLIP AND SAVE: HOW TO

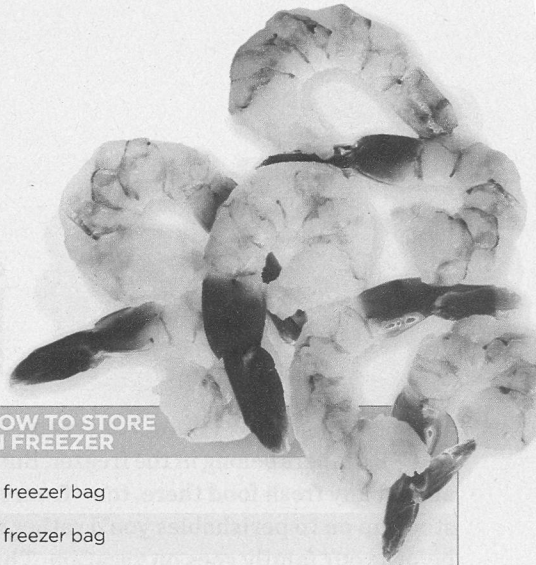
Freeze Anything

Sure, ice cream, frozen veggies, and TV dinners belong in the freezer. But you can store almost any fresh food there, too—from sale items you stock up on to perishables you'd rather not throw out before your family goes on vacation. Three tips: 1) To avoid freezer burn, leave as little extra air in the bag or container as possible. 2) If you take a defrosting short-

cut, like zapping edibles in the microwave instead of thawing them in the fridge, fully cook the food before refreezing. 3) Alternatively, if you change your mind/plans and want to refreeze raw food, you can do so *if it's* only partially thawed, still firm in the center, and contains ice crystals. Use it as soon as possible to minimize loss of quality. —*Samantha Cassetty and Catherine Lo*

	WHAT TO SAVE	IN FRIDGE (set at or below 40°F)	IN FREEZER (set at or below 0°F)	HOW TO STORE IN FREEZER
FRUITS	JUICES	Opened, 7 to 10 days Unopened, 3 weeks	8 to 12 months	Pour some off to leave room for expansion; reseal with masking tape. Shake after thawing
	BANANAS, RIPE	2 weeks	8 to 12 months	In peel, in freezer bag (peel may discolor)
	BLACKBERRIES AND RASPBERRIES	2 to 3 days	8 to 12 months	Spread on tray and freeze until firm; then store in a sealed container or freezer bag
	BLUEBERRIES	10 days	8 to 12 months	In original container, placed in freezer bag
	CRANBERRIES	4 weeks	8 to 12 months	In original bag (if unopened) or freezer bag
	GRAPES	1 to 2 weeks	8 to 12 months	See Blackberries, <i>above</i> (remove from stems)
GRAINS	BREADS AND ROLLS, YEAST	No (refrigeration makes bread go stale quickly)	3 to 6 months	In original package, then wrapped with foil or plastic wrap or in freezer bag
	BREADS, QUICK (such as banana bread, pancakes, or biscuits)	No (refrigeration makes bread go stale quickly)	2 to 3 months	In freezer bag
VEGETABLES	BROCCOLI AND CAULIFLOWER (trimmed and cut into 1½-in. pieces)	3 to 5 days	Blanched for 3 minutes, 8 to 12 months*	In freezer bag
	CABBAGE (shredded or cut into thin wedges; for cooked dishes only)	1 week	Blanched for 1½ minutes, 8 to 12 months*	In freezer bag
	CARROTS (cut into ¼-in. cubes)	2 weeks	Blanched for 2 minutes, 8 to 12 months*	In freezer bag
	CORN (off the cob)	1 to 2 days	Blanched for 3 minutes, 8 to 12 months*	In freezer bag
	GREEN BEANS (trimmed)	1 week	Blanched for 3 minutes, 8 to 12 months*	In freezer bag
	POTATOES, SMALL (peeled)	No (they discolor and change flavor)	Blanched for 3 to 5 minutes, 8 to 12 months*	In freezer bag

* To blanch veggies, cook them in rapidly boiling water for recommended time. Then cool quickly in ice water bath and drain well. This slows or stops the action of enzymes that can cause loss of flavor, color, and texture. Cook frozen vegetables without thawing.



Freeze Anything continued

	WHAT TO SAVE	IN FRIDGE (set at or below 40°F)	IN FREEZER (set at or below 0°F)	HOW TO STORE IN FREEZER
MEAT	STEAKS	3 to 5 days	10 to 12 months	In freezer bag
	CHOPS	3 to 5 days	4 to 6 months	In freezer bag
	ROASTS	3 to 5 days	10 to 12 months	In freezer bag
	GROUND	1 to 2 days	3 to 4 months	In freezer bag
	RAW SAUSAGES	1 to 2 days	1 to 2 months	In freezer bag
	HOT DOGS AND FULLY COOKED SAUSAGES	Opened, 1 week Unopened, 2 weeks	1 to 2 months (opened or unopened)	In original packaging, placed in freezer bag
	BACON	7 days	1 month (opened or unopened)	In original packaging, placed in freezer bag
	LUNCH MEATS	Opened, 3 to 5 days Unopened, 2 weeks	1 to 2 months (opened or unopened)	In original packaging, placed in freezer bag
FISH	LEAN (such as cod, sole, flounder)	1 to 2 days	3 to 6 months	In freezer bag
	OILY (such as salmon)	1 to 2 days	2 to 3 months	In freezer bag
	SHELLFISH (such as shrimp, shucked oysters, scallops, mussels, clams)	1 to 2 days	3 months	In freezer bag
POULTRY	WHOLE	1 to 2 days	1 year	In freezer bag
	PIECES	1 to 2 days	9 months	In freezer bag
	GROUND	1 to 2 days	3 to 4 months	In freezer bag
	RAW SAUSAGES	1 to 2 days	1 to 2 months	In freezer bag
	GRATED CHEESES	1 month	3 to 4 months	In freezer bag
DAIRY	BLOCKS OF HARD CHEESE (such as Cheddar, Swiss, and Parmesan)	Opened, 3 to 4 weeks Unopened, 6 months	6 months	Cut into smaller portions, each portion tightly wrapped in plastic wrap, then placed in freezer bag
	SOFT CHEESES (such as Brie, not cream or cottage)	2 weeks	6 months	See Blocks of Hard Cheese, <i>above</i>
	BUTTER	2 to 3 months	6 to 9 months	For a month or less, in original packaging. For longer term, in freezer bag
	EGG WHITES OR BEATEN EGGS; EGG YOLKS	2 to 4 days	1 year (for egg yolks, mix with 1/2 tsp. sugar or 1/8 tsp. salt per 1/4 c., so yolks don't become sticky and gelatinous)	In sealed container closest in volume to amount you're storing; label with number of eggs inside
	MILK	7 days	3 months	See Juices, <i>previous page</i>