



# Nutrition for the Health of It

[www.NutritionfortheHealthofit.com](http://www.NutritionfortheHealthofit.com)

## Produce Storage Tips

- **Maintain Freezer Temperature at 0° F**
- **Most frozen foods will be affected eventually by freezer burn. Store in containers that keep the air out.**
- **Label and date all frozen foods.**
- **Flash freeze items such as berries, cut peppers, and cut fruit in a single layer and then package once frozen.**
- **Some vegetables freeze better after being blanched (parboiled).**
- **The longer a food is frozen, the lower the quality of the food when thawed.**

<b>Food</b>	<b>Use By:</b>
<b>Fruits (citrus)</b>	<b>3 months</b>
<b>Fruits (non-citrus)</b>	<b>9 months - 1 year</b>
<b>Vegetables</b>	<b>12 - 18 months</b>

- **Some produce doesn't freeze well such as eggplant, lettuce, artichokes, melons, whole potatoes and sprouts.**

