

Just The Facts: Freezer Meals

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Freezer Meals

Freezer meals are meals that are prepared ahead of time and placed in the freezer to be heated and consumed at a later time. There are several benefits to preparing freezer meals

- ⇒ **Quick and easy** preparation that utilizes healthier cooking methods
- ⇒ **Saves time** during the week, quick preparation and you don't have to run to the store for last minute items
- ⇒ **Saves money**, shop less, eat out less and waste less food
- ⇒ **More family time together**

Getting Started

There are various packing that can be used when storing your freezer meals

Ziploc freezer bags

Freezer safe containers

Aluminum freezer pans

Add Ins

Utilize a variety of vegetables either fresh, frozen or canned. Fresh or dried herbs and seasonings add a blast of flavor. Adding any type of marinade or sauce to your packet adds flavor as well stick to low calorie low sodium when possible. Once complete just seal and freeze

Food Safety

- ⇒ Refrigerator defrosting takes about 24 hours to defrost
- ⇒ When defrosting in the microwave heat product until it reaches an internal temperature of 165 degrees in order to prevent food born illness. Let stand for 2 minutes if possible stir to distribute temperature. Consume within four days and do not refreeze. Note: There may be a loss of quality because of the moisture lost through defrosting.
- ⇒ Leftovers: Discard any warm food that has been on the counter longer then 2-3 hours. Use refrigerated leftovers within 4 days. Harmful bacteria will multiply between 40 and 140 °F.
- ⇒ Shelf life: Most freezer foods last 3-6 months.

What Freezes Well

- ⇒ Raw meats in a marinade or plain
- ⇒ Cooked Rice
- ⇒ Bread Dough
- ⇒ Waffles
- ⇒ Muffins
- ⇒ Cookie Dough
- ⇒ Burritos
- ⇒ Shredded Cheese
- ⇒ Fajita Mix
- ⇒ Soup
- ⇒ Cooked meats
- ⇒ Vegetables except squash

Does Not Freeze Well

- ⇒ Celery
- ⇒ Lettuce
- ⇒ Block cheese
- ⇒ Fully cooked pasta and noodles