

# GUIDE TO BETTER FREEZING

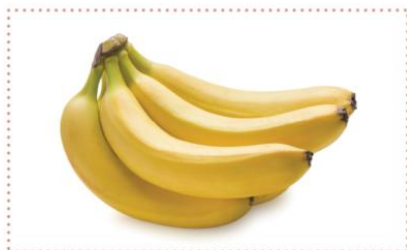
Your freezer is your friend when it comes to big-batch cooking and preventing food waste. These tips will help you make the most of your icebox.



## Bacon

### TIPS

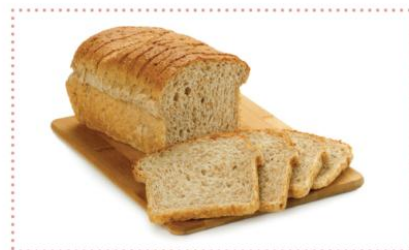
- Wrap raw slices accordion-style in parchment paper, then peel off as much as you need and defrost before cooking



## Bananas

### TIPS

- Freeze whole or peel and cut into chunks before freezing
- Thaw for muffins or pancake batter, or use in smoothies



## Bread

### TIPS

- Slice and wrap tightly with plastic wrap, then a layer of foil, to help preserve taste and texture



## Broth

### TIPS

- Freeze in ice cube trays, containers or re-sealable bags
- Bring to boil along with veggies and herbs for a quick cup of soup



## Coffee

### TIPS

- Freeze leftover brewed coffee in ice cube trays
- Use cubes to chill iced coffee without diluting, or in smoothies



## Cheese

### TIPS

- Freeze sliced or shredded hard cheeses such as cheddar, Swiss or Parmesan
- Use straight from the freezer



## Eggs

### TIPS

- Freeze whites and yolks separately
- Thaw in the refrigerator overnight before using



## Ginger

### TIPS

- Peel before freezing for easier grating
- Or prep individual portions, freeze separately, then transfer to a single bag



## Herbs

### TIP

- Freeze on a cookie sheet before transferring to a re-sealable bag or container



## Pancakes & French Toast

### TIPS

- Freeze first in a single layer on a baking sheet, then transfer to re-sealable bags
- Reheat in the toaster or microwave

Visit [healthycanadians.gc.ca](http://healthycanadians.gc.ca) for more information on storing leftovers safely.

## PACK IT RIGHT

Airtight is best when freezing. Follow these tips for success.



**Re-sealable bags** Remove as much air as possible. For added protection, wrap items like muffins, cakes and loaves in plastic wrap or foil before placing in a freezer bag.



**Containers** For best results, choose freezer-safe food storage containers with airtight seals.



**Ice cube trays** After freezing foods like pesto and vegetable stock in ice cube trays, transfer to re-sealable freezer bags.

**Tip:** Cool food completely before transferring to storage containers.

## HOW TO DEFROST



The safest and easiest way to defrost frozen food is to let it gradually thaw in the fridge, about eight hours or overnight.



Alternatively, defrost in microwave, following product instructions or recommendations.

**Tip:** Food safety guidelines recommend consuming or cooking food immediately after it has thawed.