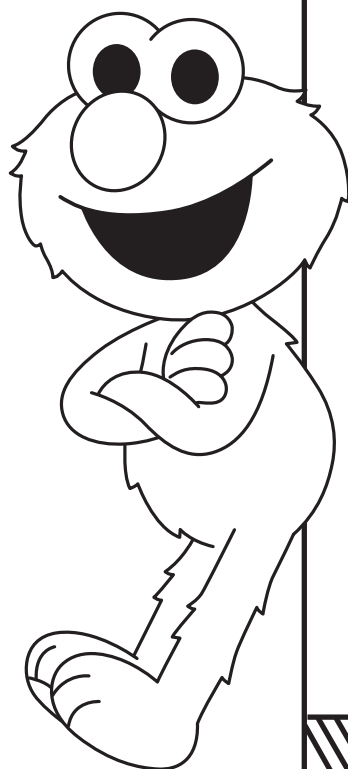


Freezing Is Cool!

Especially in uncertain times, a little planning goes a long way. Freezing food is a great way to make groceries last longer. (Buying frozen fruits and vegetables is a budget-friendly choice, and they're just as healthy as fresh if they don't have added sugar or salt.)



The Basics

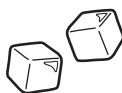
Have a variety of plastic containers in different sizes. Also, self-sealing plastic bags can often be rinsed and reused.

Remember "FIFO"—first in, first out! When putting items in the freezer, write the date on them so you know which to use first.

When introducing infants and toddlers to new foods, you can **feed them a small amount and freeze the rest for later.**

Try This!

Freeze sauces & broth in ice cube trays and pop one out when you need just a little.



Freeze grapes, raspberries, strawberries, watermelon chunks, or blueberries for a cool treat (chop up all fruit into small pieces for children under three).



Peel ripe bananas, freeze them, and put in blender to **make a smooth frozen treat.**



Add frozen cauliflower, broccoli or spinach directly into sauces or soups on the stove.



Chop extra peppers and onions while you're cooking and freeze for later.



Yes, You Can Freeze These!

- applesauce
- bread
- nuts
- pasta or rice (cooked)
- diced avocado (great for babies beginning to eat solid foods; thaw first)
- butter
- milk (for cooking or baking)
- tomato paste
- cheese (blocks or grated)
- muffins
- tortillas