

WHAT FREEZES WELL, WHAT DOESN'T FREEZE WELL

FOODS THAT FREEZE WELL

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| <ul style="list-style-type: none">• SLOPPY JOES• TACO MEAT• BURGER PATTIES• MEATLOAF• MEATBALLS• MANICOTTI• PASTA CASSEROLES• CREAMY CAJUN SAUCE• ENCHILADAS• BURRITOS• CHILI• SOUP | <ul style="list-style-type: none">• STEW• MARINATED MEATS• RAW MEAT• COOKED MEAT• BREAD• PIZZA CRUST• MUFFINS• PANCAKES• WAFFLES• COOKED BEANS• MASHED POTATOES• SHREDDED CHEESE | <ul style="list-style-type: none">• BUTTER• COTTAGE CHEESE• EGG WHITES (RAW)• MILK• WHIPPED CREAM• WHOLE EGGS• NUTS• SEEDS• FLOURS |
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* Fresh produce can be frozen, without blanching, if you plan to cook, bake, or blend it.

FOODS THAT DO NOT FREEZE WELL

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| <ul style="list-style-type: none">• MAYONNAISE• MAYONNAISE-BASED SALADS• CHEESE SLICES• BLOCKS OF CHEESE | <ul style="list-style-type: none">• RAW POTATOES• COOKED EGG WHITES• HARD-BOILED EGGS• DESSERTS WITH MERINGUE | <ul style="list-style-type: none">• SOUR CREAM BASED SAUCES• SOUR CREAM• FRIED FOODS• GELATIN |
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*Do not freeze fresh produce that you don't plan to cook with, bake with or blend into a smoothie.