



Know before you *Stow* FOOD FREEZING TIP SHEET

Freeze it!

Whether they're fresh or already cooked, freezing fruits, veggies, and other foods is a quick & easy way to extend their life. Not sure what to do with it now? Tired of leftovers? Save it for a rainy day and *freeze it!*

Hearty Vegetables

like Asparagus, Broccoli, Carrots, Cauliflower, Hearty Greens, Squash.

Blanch, cool in ice water, dry, place separated on a baking sheet to freeze, then transfer to an airtight container.

Seasonal Fruits

like Berries, Melons, Tropical Fruit (Pineapple, Mango), Stone Fruit (Apricots, Peaches, Cherries)

Peel if desired and cut into chunks. Place separated on a baking sheet and freeze, then transfer to an airtight container.

Apples

Can be frozen raw or cooked. If raw, wash, peel (if desired), and slice. To prevent browning, blanch for 2 minutes or sprinkle with lemon juice. Separate & freeze slices on baking sheet, then transfer to a container.

Avocados

Peel, purée, mix in 1 Tbsp lemon juice per avocado, and pack into an airtight container, leaving ½ in at the top for expansion.

Bananas

Bananas can be frozen with or without the peel, but the peel will be harder to remove when frozen. It's best to peel them and store in an airtight container.

Citrus

Rinse, peel, divide into sections, and remove seeds and membranes. Slice if desired. Pack in sugar syrup or in juice.

Eggplant

Wash, peel, slice about 1/2 inch thick. Blanch with ½ c. lemon juice per 1 gl. water, cool in ice water, drain, then freeze in airtight container.

Fresh Herbs

Wash, chop, and pack lightly into ice cube trays. Cover with oil or melted butter, and freeze.

Garlic, Shallots, Celery & Onions

Peel and chop if desired, and freeze raw in an airtight container. They will lose crispness when thawed but will keep most of their flavor.

Grapes

Wash, dry, place separated on a baking sheet to freeze, then transfer into an airtight container. A grape cluster can also be frozen whole.

Mushrooms

Steam or sauté and then pack into airtight containers. Do not pack raw.

Peppers

Wash and core, chop and lay out on a baking sheet to freeze. Then transfer to a container. Peppers can also be blanched or roasted, then flatten them and pack into freezer bags.

Tomatoes

Freeze raw or cooked. You can leave the skin on whole tomatoes and it will come off under cold running water. You can also freeze tomato juice, sauces, and paste (*tip*: freeze in cubes for individual portions).

Use it!

Freezing preserves food for a long time! Just don't forget to eat it up. Keep a list of what you have on your fridge door so you won't forget to *use it!*

Cook from frozen by steaming, or adding to soups, stews, and stir-frys.

Thaw to use in pies, crisps, sauces, jellies, or syrups. Use frozen in smoothies or frozen drinks, or eat on top of yogurt or cereal.

Thaw to use in pies, crisps, applesauce, jellies, or syrups. Use frozen in smoothies.

Thaw and use in guacamole, sauces, and purees, or use frozen in smoothies.

Thaw and use in banana bread, cake, or muffins, or use frozen in smoothies.

Thaw to use in crisps, sauces, marmalades, or syrups. Use frozen in smoothies or frozen drinks.

Thaw and squeeze out any water. Use as an ingredient in cooked dishes, like stir-frys, stews, and soups. Puree into dips & sauces.

Thaw or pop frozen portions directly into a hot pan, blend into dips & sauces, or melt into soup to add flavor.

Thaw and use as an ingredient in cooked dishes, like stir-frys, stews, and soups.

Whole frozen grapes are a delicious & refreshing snack! Thaw to use in crisps, sauces, jellies, or syrups. Use frozen in smoothies or frozen drinks.

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Thaw in refrigerator or under cool water. Frozen whole tomatoes won't have a great texture when defrosted, but you can easily blend them into sauce, salsa or soup.

Not all foods FREEZE THE SAME!

The foods here, plus others like **fresh & sliced bread, buns, meats, seafood, tofu,** and **cooked leftovers** freeze very well and will keep for months in your freezer! Even your favorite pantry staples (like **nuts, seeds,** and **oats**) will freeze and stay fresh for months in an airtight container. But not all foods are cut out for sub-zero temperatures (can you blame them?)...

Avoid freezing **cucumbers, radishes, salad greens** (unless you plan to cook them or use them in smoothies), and **dairy products like milk & cheese** (unless you plan to cook them).

Learn more and find resources to reduce wasted food at home at [Phila.gov/foodwaste](https://www.epa.gov/foodwaste)