

## **HOLIDAY SURVIVAL GUIDE – CHECK LIST FOR QUALITY OF FROZEN FOODS**

Here's how to judge the potential quality of all your made-ahead frozen food. Before you put your prepared food in the freezer read through the following list checking off as many statements as applicable. The more checks you have, the better your frozen prepared dish will be.

Food is slightly undercooked (except for baked goods).

The container or packaging is moisture proof, airtight, and odorless. Examples are as follows:

- Zip-top plastic freezer bags
- Plastic coated freezer paper
- Rigid plastic or glass containers, with wide mouths and tight lids
- Heavy-duty aluminum foil
- Heavy-duty plastic wrap

Food is packaged in small portions.

Food is packaged in shallow containers.

Containers or packaging fits the shape and size of the food to be frozen.

Food is packed tightly to eliminate as much air space as possible.

Container or packings is almost full, leaving only a little space for the food to expand in the freezer.

Excess air is pressed from freezer bags.

Container or bag is tightly sealed.

Contents of freezer are organized so wrapping don't become loose or pierced.

Packages are labeled with a freezer marker indicating the contents, number of servings and date of storage.

Food is placed in a single layer on freezer shelves until frozen.

Freezer is set to and maintains 0-degrees or below.

Freezer is not freezing too much food at a single time.

An inventory identifying each food in the freezer and its "use by" date is posted on the outside of the freezer and is updated each time an item is removed.

Food is thawed in the refrigerator unless otherwise directed. Note: This may take longer than just overnight or even 24 hours.