

Freezing foods

Cutting down on food waste can help the environment, boost profits for businesses, save staff members time and it also promotes good food hygiene practices.

What not to freeze:

While freezing food is a great way to avoid food waste some foods simply are not suitable for freezing:

Cucumber & lettuce

Fried foods

Mayonnaise

Fully cooked rice & pasta

Gelatine

Carbonated drinks



What you can freeze:

Milk, butter cheese & yoghurt

frozen yoghurt and milk ice cubes (frozen in ice cube tray) are good for smoothies however the milk may split, this is ok to use.

Top tip

grated cheese can be expensive and comes with anti-caking agents. Instead buy a big block of cheddar (or your preference) and grate it yourself. Store in a zip lock bag in freezer.

Seafood can also be frozen

Meat & Fish

Buy in bulk when on sale at your local butches or wholesaler. Add a little waxed paper between the serves and can marinade before freezing also.



Top tip

White wine ice cubes are especially handy for chilling a glass of room temperature wine without diluting it too much.

Wine

Oh yes, you can freeze wine into ice cubes. If you know you're not going to finish that bottle you've just opened, freeze some of the wine straight away. Or, if you have some leftover, freeze it within 2-1 days of opening your bottle. Add to sauces and soups as required.

But why?

Saving food saves money and helps to slow down global warming and deforestation. Reducing the amount of food that ends up in the bin also means you can say goodbye to unnecessary packaging waste.

Whats in it for you?

If you are a family of four, you could be saving as much as £70 each month.



Five Top tips

Getting the most out of freezing

#01

Cool the food before you freeze, to stop temperature increasing in your fridge and potentially defrosting other foods.

#02

Label! – say what it is and when it was frozen.

#03

Freeze in realistic portion sizes to save waste.

#04

Wrap food up properly otherwise it can get freezer-burn.

#05

A full freezer is more economical to run – cold air doesn't need to circulate as much as there is less free space

