WASTE LESS, TASTE MORE 018

# Freeze for the Meal You Will Actually Make



**USEFUL PORTIONS ARE EASIER TO ENJOY.**

After a dinner party, package suitable extras in amounts you will want to use together. A portion of sauce, two servings of soup, or a few slices of cake can be more useful than one large frozen container.

### 1 Choose the next serving size

Think about how many people will eat the food and how you expect to serve it. Separate portions before freezing.

**Why:** You can thaw what you need without committing to the entire batch.

### 2 Protect the food from air

Use freezer-rated bags, wraps, or containers. Press excess air from bags and allow appropriate expansion space for liquids.

**Why:** Good packaging helps reduce moisture loss and freezer burn.

### 3 Label and organize

Include the food's name, date, and number of servings. Keep older packages visible and maintain the freezer at 0°F or below.

**Why:** Clearly identified portions are easier to work into future meals.

## KITCHEN NOTES

### Separate delicate pieces

Use suitable wrapping or separators so you can remove individual portions without breaking them.

### Think in dinner components

A container of tomato sauce or stock can become the starting point for your next gathering.

### Understand freezer burn

It affects texture and quality rather than making food unsafe by itself. Airtight packaging helps limit it.

**THE PLATING MINDSET**

Package food for a specific future meal so serving it beautifully remains easy.

Freezing guidance: National Center for Home Food Preservation (linked in PDF)