



2005 Cool Winter Winners Fact Sheet

**Keep Your Cool this winter
with some helpful handy tips for your fridge and freezer.**

What is Freezer Burn?

Freezer burn occurs when food is not packaged or sealed properly before freezing. The surface of the food will appear dry, with greyish spots, indicating a loss of moisture.

How do I prevent Freezer Burn?

In order to prevent freezer burn, ensure that food is packaged properly and airtight before storing in the freezer. Always expel as much air as possible prior to sealing the packaging.

Is food affected by Freezer Burn still safe to eat?

The food will still be perfectly safe to eat, but will have lost some of its colour, texture and flavour.

Home Freezing Fruit & Vegetables

It's best not to freeze different fruits and vegetables in the same bag, each may release gases that can cause deterioration in the other.

Fruits and vegetables need particular care. During preparation for freezing, handle fruit as little as possible to avoid bruising.

Fruits (especially berries) can be frozen individually on a tray, then packed into freezer bags. Alternatively, fruit in syrup can be stored and frozen in a plastic container.

To freeze Bi-Lo tomatoes, a trick is to place tomatoes in boiling water for 30 seconds to loosen the skins, core and peel, then place in a snap lock bag and freeze to use in recipes.



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Vegetables must be blanched before freezing. This deactivates the enzymes found in the vegetable - it's the enzymes in vegetables that cause them to deteriorate. Blanching vegies brightens their colour, and preserves their nutritional value whilst frozen.

Storing Meat, Fish and Poultry

Store meat, fish and poultry separately. Freeze meat in single sized portions, they will freeze more quickly and the quality will be preserved.

Freeze fresh meat as soon as possible after purchasing.

In general, fish cannot be frozen for as long as meat as it contains polyunsaturated fats that are uniformly distributed throughout the flesh. As a rule, the higher the fat level, the shorter the freezer life.

Depending on the type, fish can be frozen whole, filleted, or cut into steaks.

Never freeze using glass bottles or containers; glass is likely to break on freezing. Microwave and freezer safe plastic containers are good, and they can be transferred straight from the freezer to the microwave for heating.

Bi-Lo fresh meat and poultry, prewrapped on trays, can be frozen in that packaging for a few weeks. To freeze for longer periods of time, re-package in an airtight freezer bag.

Buy Bi-Lo meat and chicken in bulk. Separate meal sized portions into snap lock bags and add different types of marinade to each for a quick & delicious meal. Freeze and defrost when required.

Prepare homemade hamburgers using Bi-Lo mince meat and freeze. You can then store them in a Multix bag, so that you can take as many as you need out and keep the rest frozen for a quick and easy meal or snack.