

Frozen Foods

Frozen foods are items that need to be frozen solid and should be stored in a freezer kept at 0°F or below. These items are typically packaged in a sealed plastic bag. Frozen foods may have a shelf life for 1 year or more. Discard food received in packages that are torn or have been opened. This is a sign that the food may be unsafe to eat.

Frozen Fruits and Vegetables

Many items are individually-quick frozen (IQF), which means you can open the package, take the amount you need, close the bag, and put the remaining food back in the freezer. These items may be stuck together when removed from the freezer. You can use your hands to break the frozen items apart before taking out the amount needed. Thaw frozen items in the refrigerator, in cold water or in the microwave on the defrost setting. Some items can be thawed during the baking/cooking process. Do not refreeze after thawing.

Tip

After opening, tightly seal the remaining food in a freezer-safe bag to retain the quality and prevent freezer burn. Break down large packages into smaller portions by using resealable bags and air-tight containers.

Frozen Meat, Poultry, and Fish



Some items are IQF and can be removed from the package in small portions as needed (fillets, legs, thighs, breasts) while other frozen meat items may be a larger cut such as a roast, whole chicken, deli log, or ground meat. Keep these items frozen until ready to use. When ready to use, thaw frozen meat, poultry, or fish in the refrigerator, in cold water, or in the microwave on the defrost setting. Do not refreeze after thawing.

Tip

For IQF items that are not individually vacuum-sealed, tightly seal them in a clean, freezer-safe bag to retain the quality and prevent freezer burn. To make space in your freezer for very large packages of meat, poultry, or fish, repackage these items into smaller freezer-safe bags with smaller quantities that can be removed and defrosted over time.

Frozen Liquid Eggs

Store in the freezer until ready to use. When ready to use, thaw the entire package in the refrigerator or in cold water. Do not refreeze after thawing. Open the package and cook the amount desired. Store any remaining eggs in the refrigerator and use within 3 days.