

Freezing guidelines ❄️

Food can be kept **safely** in the freezer for years, as long as you keep it frozen the whole time. However the texture and taste may change over time, so try eating food within three months.



Why not freeze? ❄️

- Bread crumbs
- Cake
- Cheese
- Cooked pasta and rice
- Fresh vegetables
- Peeled bananas
- Whole tomatoes (defrost and use in a sauce)
- Separated eggs
- Yoghurt

Did you know the ideal freezer temperature is -18°C?

Prepare your food correctly before freezing, visit www.lovefoodsurrey.com to find out how.



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