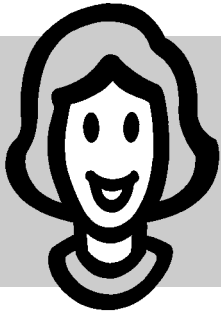


# Katie Says: Keep your foods from spoiling!



Freeze foods in the right containers.  
This is very important.  
Foods will not taste good if you use the wrong containers.

## Use these containers to store foods for up to 1 year.



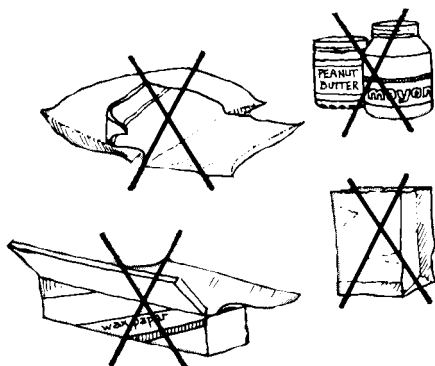
- 1. Plastic freezer bags.** Use the kind that come with cardboard boxes. Use the boxes to cover the bags. Bread bags can also be used as covers. The cover will keep the freezer bag from tearing.
- 2. Plastic-coated freezer paper.**
- 3. Wide-mouth glass jars made for canning and freezing.** Leave 2 inches of space above the food at the top of the jar. This is called headspace. When the food freezes, it will come up to the top of the jar. The jar will break if there is not enough headspace.
- 4. Heavy-duty aluminum foil.** Use a plastic bread bag over the foil. The bag will keep the foil from tearing.
- 5. Casserole dish or pan.** Cover the dish with a large freezer bag.

## Use these containers to store foods for up to 3 months.



- 1. Plastic food-storage containers.**
- 2. Plastic tubs that margarine, cottage cheese, and sour cream come in.**
- 3. Zipper-topped plastic freezer bags.**
- 4. Milk cartons or jugs *for fish only*.**
- 5. Lightweight aluminum foil.** Use a plastic bread bag over the foil. The bag will keep the foil from tearing.

## Never use these containers to store foods in the freezer.



- 1. Regular glass jars such as peanut butter or mayonnaise jars.**  
They may break when the food in them freezes.
- 2. Pillow cases.**
- 3. Brown paper sacks.**
- 4. Wax paper.**



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Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Katie

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Containers For Freezing

- Freeze foods in the right containers.
The foods will taste better.
They will have more vitamins and minerals in them.
You can freeze fresh foods.
You can also freeze foods that are already cooked.
Freezing food saves time and money.
Take care of your food.
Freeze it the right way.



Evelyn F. Crayton

Evelyn F. Crayton, Extension Foods & Nutrition Specialist
Your County Extension Agent can tell you more about this and can help you in other ways too. Call or write:



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