

18 Tips & Tricks

FREEZER CLEANING

<p>1</p> <p>Fresh produce can last about 8 - 10 months.</p> 	<p>2</p> <p>Sauces and soups can last about 3 months.</p>	<p>3</p> <p>Mrs. T's® Pierogies can store up to 18 months.</p> 	<p>4</p> <p>Always remove everything before cleaning and throw out expired items as you go.</p>
<p>5</p> <p>After you disinfect your freezer, let the smell air out before restocking. You can label while you wait!</p> 	<p>6</p> <p>Remove any removeable storage in the freezer and clean separately.</p>	<p>7</p> <p>Label everything!</p> 	<p>8</p> <p>Organize meat on the bottom shelf and put the meals and sides on top!</p> 
<p>9</p> <p>Items in the back of the freezer are colder.</p> 	<p>10</p> <p>Never freeze liquids in glass.</p> 	<p>11</p> <p>Freeze liquids with enough room for expansion.</p> 	<p>12</p> <p>Freeze meals in portions.</p> 
<p>13</p> <p>Ideal freezer temperature is 0 degrees Fahrenheit.</p> 	<p>14</p> <p>Let hot foods cool to avoid freezer burn and ice.</p> 	<p>15</p> <p>Put leftover sauces and creams in an ice tray then when it's frozen put in a container. The size allows for quick use and storage.</p>	<p>16</p> <p>A freezer should be cleaned every 6 months.</p> 
<p>17</p> <p>Vanilla extract on a cotton ball can be great to get smells out!</p> 	<p>18</p> <p>Toothpaste is an at-home fix for tough stains in the freezer.</p> 		

FREEZER CLEANING

Checklist

- Take out all items
- Put them in order by expiration date
- Throw out anything that is expired
- Remove any removeable storage and shelves
- Dry Wipe
- Disinfect
- Air out
- Label
- Restock

WHAT'S IN YOUR FREEZER?

PRODUCE

DATE FROZEN

- Berries _____
- Mango _____
- Tomato _____
- Broccoli _____
- Banana _____

MEAT

DATE FROZEN

- Chicken _____
- Beef _____
- Pork _____
- Vegan _____

SAUCES

DATE FROZEN

- Pasta sauce _____
- Broths _____
- Marinades _____

Frozen Goods

SIDES

DATE FROZEN

ENTRÉES

DATE FROZEN

ICE CREAM

DATE FROZEN

