

## **TUPPERWARE EASY FREEZING GUIDE**

Discover an easier way to freeze – with Tupperware Freezer Mates Containers. The durable containers are uniquely designed with these features to give you freezer-fresh results:

### **CONVENIENT SHAPES AND SIZES**

The containers, which come in two depths, are perfectly sized for efficient stacking in the freezer. In the cupboard, the empty containers nest for compact storage (or simply fill the empty container half-full with water and return to its place in the freezer to keep your freezer running more efficiently.)

### **SIX-SIDED AIR FLOW**

Container bases are recessed and corners are rounded to allow air to flow freely around and between the containers when stacked. As a result, foods freeze and thaw faster.

### **FREEZER-PERFECT SEALS**

The flat seals let you stack the containers for optimum efficiency in your freezer. The air-tight seals lock flavor and moisture into frozen foods. Special tabs allow easy removal of the seals.

### **SEE-THROUGH WINDOWS**

The Classic Sheer containers have polished windows to help you recognize frozen foods at a glance.

### **FROZEN FOODS “POP” OUT**

Rounded corners of the containers make it easy to remove frozen foods. Simply run warm water over the containers, then pop out the frozen food.

### **FREEZER EMERGENCIES**

Knowing how to handle frozen food if your freezer stops operating can prevent waste.

A full freezer will stay at a satisfactory temperature for up to two days. But if your freezer isn't full, thawing can occur sooner.

Open the freezer compartment only if absolutely necessary, and then for the shortest time possible.

If a food has partially thawed, but still contains ice crystals, it usually can be refrozen. Some foods, however, such as those made with cream sauces or fillings, should be used immediately or discarded.

If a food is completely thawed but still cold to the touch, use the food immediately or discard.

# **FREEZER STORAGE GUIDE**

## **FOOD MAXIMUM STORAGE TIME**

### **Beef**

Cooked, chopped	2 to 3 months
Ground	3 to 4 months
Roasts	6 months
Steaks	6 months
Stew meat	3 to 4 months

### **Pork**

Bacon	1 month
Chops	3 to 4 months
Cooked, chopped	2 to 3 months
Ground	3 to 4 months
Roasts	4 months
Sausage (fresh)	1 to 2 months
Sausage (smoked)	1 to 2 months
Stew meat	3 to 4 months

### **Poultry**

Chicken (whole)	12 months
Chicken pieces	9 months
Cooked, chopped	1 month
Turkey pieces	6 months

### **Fish and Seafood**

Fat fish (catfish, mackerel, salmon, trout, tuna)	4 months
Lean fish (bass, cod, halibut, sole, swordfish)	8 months
Shrimp (cooked)	3 months
Shrimp (uncooked)	12 months

### **Cheese**

Hard cheese	6 months
Soft cheese	4 months

### **Fruits and Vegetables**

8 to 10 months

Refer to a food preservation manual for specific freezing directions. (You can water blanch your vegetables by washing them and then microwaving them for 3 minutes per pound. Immediately take them out of the microwave and place in cold water to stop the cooking process. Dry them off and flash freeze by placing vegetables in a single layer on a cookie sheet and place in the freezer. When the food is frozen, remove it from the cookie sheet and place in the appropriate Freezer Mate Container.)

### **Breads**

3 months

Bake bagels, biscuits, muffins, and rolls as usual. Cool; freeze in desired Freezer Mate Container. Thaw in container for one hour.

### **Cookies**

6 months

Bake and cool as usual; cut bar cookies. Pack in desired Freezer Mate Container with waxed paper between layers. Thaw, sealed, at room temperature.

### **Skillet Meals**

1 to 3 months

(Fish, poultry, or meat with vegetables or pasta) Prepare skillet meal as usual, *except* use less seasoning (some intensify during freezing) and cook until meat is just done. Cook quickly; freeze in desired Freezer Mate Container. To thaw, transfer frozen food to a skillet. Cook over low heat, separating mixture often with a fork until heated through.

### **Soups and Stews**

1 to 3 months

Use vegetables that freeze well (not potatoes). Omit the salt and thickening if food will be kept longer than 2 months. Undercook vegetables. Cool quickly; freeze in desired Freezer Mate Container. To thaw, transfer to appropriate container for microwave or stovetop. Store the components, not the soup. Instead of freezing completed soups, freeze components: a container of chicken broth, cooked chicken in single meal portions. To assemble, sauté onions, celery and carrots in a skillet, and add the freezer broth. Stir in leftover cooked rice. Cornstarch and flour-based gravies can separate after freezing, and never seem to have quite the right texture. Better, freeze the meal first and add thickening after thawing. Add the meat, heat-- and serve a soup that stands the test of time.

## **EASY FREEZING TIPS**

### **THE COLDER, THE BETTER**

Set your temperature at 0 degrees F, or below to maintain the best food color, flavor, and texture. A freezer thermometer will help you monitor the temperature.

### **QUALITY COMES FIRST**

Start with first-rate ingredients when preparing foods for the freezer. Freeze most garden vegetables and fruits the same day you harvest them. Freezing retains but can not improve the quality and flavor of food.

### **COOL, THEN FREEZE**

Before freezing cooked food, quickly cool the mixture so bacteria won't grow. Cool large amounts of cooked food to room temperature by placing the container of warm food in a sink or large bowl filled with ice. If possible, stir the food occasionally so it cools evenly.

### **CAPITALIZE ON CONTAINER CAPACITY**

Liquid or semi-liquid foods, such as soups and stews, will expand as they freeze. Be sure to choose the right size Freezer Mate Container so you can allow about 1/2 inch of headspace below the rim of the container. Seal all other foods with as little air in the container as possible.

### **HOW LONG WILL IT KEEP?**

Do yourself and your frozen foods a favor by following the recommended freezer storage times listed in the Freezer Storage Guide. Foods removed from the freezer shortly after the recommended times are usually still safe to eat, but may be lower in quality.

### **LETTER-PERFECT LABELING**

Use a freezer label to indicate the type of food, as well as the quantity, the weight, or the number of servings. You may also want to jot down the source of the recipe.

### **A COOL COOLER IDEA**

Create a leak-proof ice pack for your lunch box (Freezer Mate Mini 1 Container) or cooler (Freezer Mate Large 2 Container) by filling with water, leaving a 1/2-inch headspace. Seal and freeze.