

Say Cheese!

Storage and Freezer Tips to Keep you Safe

Refrigerator

- Keep unopened cheese in the refrigerator in the original packaging until ready to use.
- After using, remove cheese from the plastic wrapping it is sold in and transfer to wax paper or foil to prevent the cheese from drying out.
- Block hard cheese (Cheddar, Swiss, and Parmesan) can be kept unopened in the fridge for 6 months and 3-4 weeks after opening.
- Shredded hard cheese can be kept for 1 month after opening.
- Soft cheese (ie cream cheese, Brie) can be kept for 1 week after opening.

Freezer

- Portion out the cheese in a way that you would use it or consider grating the cheese prior to freezing.
- To prevent freezer burn, wrap the cheese in parchment paper and then again with aluminum foil.
- According to the USDA, you can safely store cheese in the freezer at 0°F for up to 6 months.
- Frozen cheese should be thawed gradually in the refrigerator at 32-34°F. It may take up to 24 hours to thaw.
- Use your defrosted cheese within 2-3 days.

Sources: www.askusda.gov;
www.Newenglanddairy.com;
www.buyeatbetter.org