

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

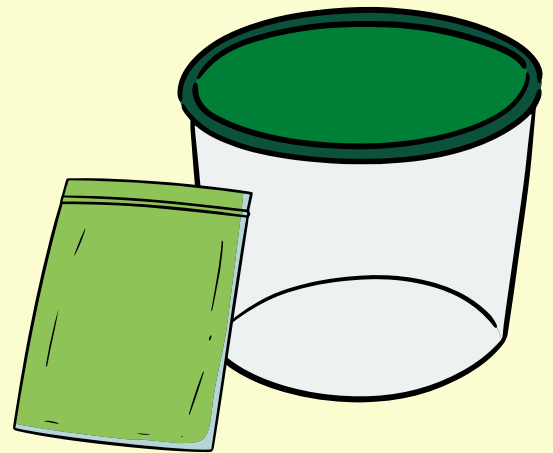
- Portion out the cheese in a way that you would use it or consider grating the cheese prior to freezing.
- To prevent freezer burn, wrap the cheese in parchment paper and then again with aluminum foil.
- According to the USDA, you can safely store cheese in the freezer at 0°F for up to 6 months.
- Frozen 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

HOW TO...

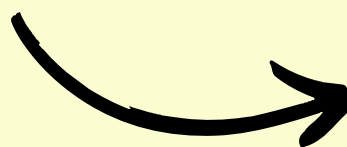
FREEZE FOODS FOR LATER USE!

Place excess or leftover food in a freezer-safe, plastic or glass container. If you have large portions, separate into multiple containers.



Write today's date on the container, so you'll know how long it's been in the freezer

Scan this QR code to see how long different foods will last when frozen



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