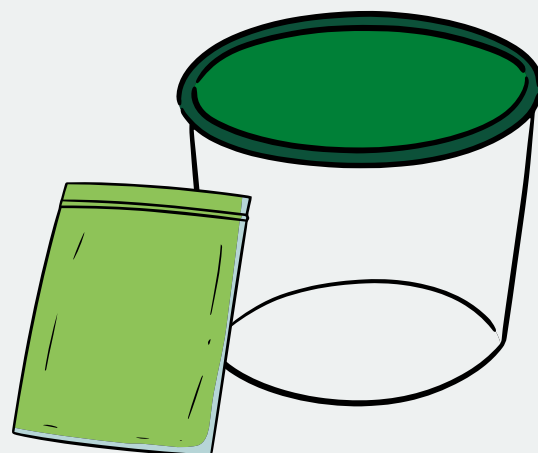


HOW TO...

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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