FREEZER LIST



ITEM

















DATE FROZEN



For the best quality try to use all of your frozen vegetables and fruits within 10 - 12 months.

For peak freshness try to use up your frozen lean fish (eg. cod) within 6 months and fatty fish (eg. salmon) within 2 months.

To stop vegetables, berries, cuts of meat, and fish from freezing together in a clump, spread them out over a single layer on a baking sheet lined with parchment paper. Place this sheet in the freezer. Once they are frozen, put your food in a bag or container, and return it to the freezer clump-free!

NOTES:



