

# **FREEZER SAFETY CHECKLIST**

Use this simple checklist before freezing food and during meal prep to ensure long-term freshness and safety.

## **PREP BEFORE FREEZING**

- Label everything clearly with name + date
- Cool food completely before freezing
- Remove air from freezer bags before sealing
- Use portion sizes for quick thaw and less waste
- Wrap food tightly in freezer-safe packaging
- Avoid glass containers unless freezer-safe

## **STORAGE GUIDELINES**

- Set freezer to 0°F / -18°C or lower
- Don't overload—leave space for air circulation
- Place new items behind older ones
- Store flat bags vertically like books for space-saving
- Keep a freezer thermometer inside
- Avoid frequent door opening to maintain temperature

## **WHEN THAWING & USING**

- Use oldest items first (FIFO: First In, First Out)
- Check for freezer burn before cooking
- Thaw in fridge or using microwave defrost—not on counter
- Don't refreeze thawed food (unless cooked)
- Add sauce or broth to freezer-burned food for better texture