Freezing Foods Safely
Many foods can be frozen with little change in the quality of the food. It is important that foods are frozen at 0°F or lower.

Quick freezing tips
- Seal foods tightly to stop air from being trapped in freezer containers, bags or wrap. Write the date and name of food item on the package.
- Separate single serving items such as pancakes, French toast, and quesadillas with a piece of wax paper between each item.
- Cool foods in the refrigerator before freezing to reduce ice crystal formation.

Thaw foods the safe way
- Safest - Refrigerator: Set frozen food in its wrapper on a plate to catch juices as the food defrosts. Plan ahead. It will take 8 hours per pound of meat to thaw.
- Short Cut - Cold water: Place food in a sealed bag and put in the sink or large bowl filled with cold water. Change the water every 30 minutes. Do not use hot water; it can allow bacteria growth.
- Quickest - Microwave: Unwrap foods, place in bowl or on plate and use defrost or low setting. Cook foods immediately.
- Convenient - Cook from frozen: Thaw food as part of cooking process if label on package states it is safe. Cooking time may be increased.

Do not freeze the following:
- Food in cans
- Eggs in the shell
- Salad greens or raw vegetables
- Raw potatoes or chunks of cooked potatoes (mashed potatoes freeze well)
- Mayonnaise, sour cream, cottage cheese, and cream sauces

Source: U.S. Department of Agriculture

Food Storage Times
The guidelines for freezer storage are for quality only. Frozen foods may remain safe indefinitely. In power outages, refrigerated foods are safe for 2 hours. Frozen foods last for 1 day if freezer is half full and 2 days if freezer is full, if you limit the number of times you open the door.

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>FOOD</th>
<th>FRIDGE (40°F)</th>
<th>FREEZER (0°F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salads</td>
<td>Egg, chicken, ham, tuna, and macaroni salads</td>
<td>3-4 days</td>
<td>Does not freeze well</td>
</tr>
<tr>
<td>Hot dogs</td>
<td>Opened package</td>
<td>1 week</td>
<td>1-2 months</td>
</tr>
<tr>
<td></td>
<td>Unopened package</td>
<td>2 weeks</td>
<td></td>
</tr>
<tr>
<td>Luncheon meat</td>
<td>Opened package or deli sliced</td>
<td>3-5 days</td>
<td>1-2 months</td>
</tr>
<tr>
<td></td>
<td>Unopened package</td>
<td>2 weeks</td>
<td></td>
</tr>
<tr>
<td>Bacon and sausage</td>
<td>Sausage, raw -- from chicken, turkey, pork, beef</td>
<td>1 week</td>
<td>1 month</td>
</tr>
<tr>
<td>Hamburger and other ground meats</td>
<td>Hamburger, ground beef, turkey, veal, pork, lamb and venison</td>
<td>1-2 days</td>
<td>3-4 months</td>
</tr>
<tr>
<td>Fresh beef, veal, lamb and pork</td>
<td>Steaks</td>
<td>3-5 days</td>
<td>6-12 months</td>
</tr>
<tr>
<td></td>
<td>Chops</td>
<td>3-5 days</td>
<td>4-6 months</td>
</tr>
<tr>
<td></td>
<td>Roasts</td>
<td>4-12 months</td>
<td></td>
</tr>
<tr>
<td>Fresh poultry</td>
<td>Chicken or turkey, whole</td>
<td>1-2 days</td>
<td>1 year</td>
</tr>
<tr>
<td></td>
<td>Chicken or turkey, pieces</td>
<td></td>
<td>9 months</td>
</tr>
<tr>
<td>Soups and stews</td>
<td>Vegetable or meat added</td>
<td>3-4 days</td>
<td>2-3 months</td>
</tr>
<tr>
<td>Lean fish</td>
<td>Flounder, haddock, halibut, etc.</td>
<td>1-2 days</td>
<td>6-8 months</td>
</tr>
<tr>
<td>Fatty fish</td>
<td>Salmon, tuna, etc.</td>
<td>1-2 days</td>
<td>2-3 months</td>
</tr>
<tr>
<td>Leftovers</td>
<td>Cooked meat or poultry</td>
<td></td>
<td>2-6 months</td>
</tr>
<tr>
<td></td>
<td>Chicken nuggets or patties</td>
<td>3-4 days</td>
<td>1-3 months</td>
</tr>
<tr>
<td></td>
<td>Pizza</td>
<td></td>
<td>1-2 months</td>
</tr>
</tbody>
</table>
**Milk Comes in Many Forms**

There are many types of milk: fluid, dried and shelf stable. All forms have the same amount of calcium, Vitamin D, and protein. Here are tips for using dried and shelf stable milk.

**Dried or Powdered Milk**

- Can be used in place of fresh milk. 1 cup liquid milk equals ½ cup dried milk + 1 cup water.
- Add ½ cup of dried milk to every cup of liquid milk when making cream soups, pudding, or mashed potatoes.
- Use dried milk instead of powdered coffee creamer.
- In place of fluid milk, add 1 teaspoon of dried milk for each egg into scrambled eggs before cooking.
- Add one cup of dried milk to one gallon of liquid milk for a richer flavor.
- Mix 1-2 tablespoons of dried milk into hot cereal like oatmeal.

**Shelf Stable Milk**

- Also called UHT or Ultra High Temperature milk.
- Packed in a carton to stay fresh and safe without refrigeration. Once opened, it must be refrigerated and used within 14 days.
- Perfect for packed lunches, outdoor activities, keeping extra milk on the shelf and emergencies.

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**Applesauce Pancakes**  Serves 6

**Ingredients**

- 1 cup applesauce
- ¼ cup powdered milk
- 1 cup water
- 2 eggs
- 1 Tablespoon canola oil
- 2 cups all purpose flour
- 2 Tablespoons sugar
- ½ teaspoon cinnamon
- 2 teaspoons baking powder

**Directions**

1. Wash hands. In a medium mixing bowl, combine applesauce, powdered milk, water, eggs, and oil.
2. In separate bowl, mix flour, sugar, cinnamon, and baking powder.
3. Combine wet and dry ingredients until mixture has only small lumps.
5. Flip pancake when bubbles form. Cook other side until golden brown.

Nutrition Information for 2 - 3 1/2" pancakes: Calories 249, Fat 4g, Sodium 202mg, Carbohydrate 46g, Fiber 2g, Total Sugars 12g, Added Sugars 6g, Protein 7g
Source: USDA Mixing Bowl

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Learn more about cooking healthy on a budget! Contact Nutrition Links to see if you are eligible for free nutrition classes: scan this QR code, call 888-778-3535 or email nutritionlinks@psu.edu.