



Hints For Packaging and Labeling

- Use freezer containers or wrappings of moisture- and vapor-resistant material.
- Pack food compactly into the container to reduce air in the package. Allow headroom for expansion as food freezes.
- In quart containers, the food may be separated into two or three layers by a double thickness of a water-resistant wrap.
- Choose containers by the number of servings you will want. Quart containers hold four to six servings; pints, two to three.
- Use only containers with wide top openings. Food can then be removed without thawing.
- Freeze the prepared foods in your favorite casserole dish. The food can be removed after freezing, wrapped and returned to the freezer for storage.
- For microwave reheating, all containers should be approved for microwave use. Wrapping small amounts of breads or other foods in wax paper or microwave safe plastic wrap is acceptable. (If the containers or wrap are not microwave safe, they may melt during the reheating process and cause danger.)
- Wash containers, preferably in the dishwasher, before using.
- Label and date all packages with contents and reheating instructions. (See sample labels on reverse side)
- It may be helpful to keep an inventory of all frozen food.
- Disposable storage ware works well. i.e. Glad, ZipLock, and generic brands.
- Many single food items can be stored in zipper close bags.
- Some Websites to refer to for products and ideas

<http://www.glad.com/>

<http://www.ziploc.com/>

<http://www.instawares.com/plastic-food-containers.1420.4.1491.0.0.8.htm>

http://creativefoodpackaging.com/takeout/aluminum_round_tins.html

<http://www.corningware.com/>

Some information taken from: Freezing Prepared Foods,

<http://hgic.clemson.edu/factsheets/HGIC3065.htm>

<p>Date made/frozen: Meal Contents:</p> <p>Reheating instructions:</p> <p>Disposal Date:</p>	<p>Date made/frozen: Meal Contents:</p> <p>Reheating instructions:</p> <p>Disposal Date:</p>
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