

# Stocking Your Freezer



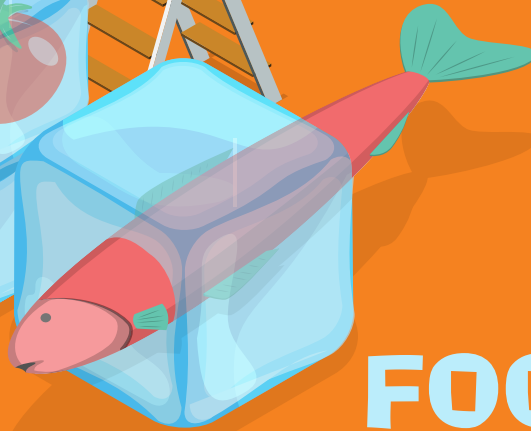
0 degrees F or lower



Moisture Resistant Freezer Containers



Choose Foods that Freeze Well



## Which Containers?

Glass and Plastic Containers

**LIQUIDS**

Freezer Bags and Freezer Wrap

**DRY GOODS**

## FOODS to Freeze

Milk

Butter

Cheese

Flour

And More!



SCAN TO READ *STOCKING YOUR FREEZER*

Janie Burney, PhD, RDN, Professor and Nutrition Specialist; et al.



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