

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.



UTEXTENSION
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