



Freeze food safely

Use containers OR freezer-safe snap-lock bags.



01 Freeze food while fresh

Freeze before the use-by date.
Do not freeze spoiled food.



02 Pack meal-size portions

Use freezer-safe containers or
well-sealed freezer-safe snap-lock bags.



03 Label each portion

Write the food name
and freezing date.



04 Keep frozen solid

Freezer: -18°C or colder.
Follow storage guidance.

Freeze food while it is fresh. Label it before it goes in.