“Freezing Food for Later Use”
Leader’s Guide

Freezing is a fast and easy way to store fruits, vegetables, sauces, soups, cookies and many other food items for later use.

LESSON MATERIALS

- Leader’s Guide
- Internet Resources:
  - Watch these University of Minnesota Extension online five minute mini-modules:
    - Freezing Fruits [https://umconnect.umn.edu/p22502382](https://umconnect.umn.edu/p22502382) and
    - Freezing Vegetables [https://umconnect.umn.edu/p78878019/](https://umconnect.umn.edu/p78878019/)
- Participant Materials (in order of use)
  - Freezing Food for Later Use
  - Tips for Freezing Fruit
  - Blanching Vegetables
  - Freezing Strawberries Step-by-Step Directions: Using the sugar pack method
  - Freezing Rhubarb Step-by-Step Directions: Dry pack, no sugar added
  - Freezing Rhubarb with Syrup: Step-by Step Directions: Syrup pack
  - Freezer Inventory
  - Length of Storage for Quality Food
  - Food Preservation Resources
  - Food Preservation Resources: Supplies and Equipment

LEARNER OUTCOMES

As a result of this lesson, participants will be able to:

1. List three benefits of freezing food for later use.
2. Blanch vegetables before freezing.
3. Explain the three types of pack for freezing fruits.
4. Name three food items that do not freeze well.
5. Choose appropriate freezing containers.
6. Keep an inventory of frozen food.
**PREPARING TO FACILITATE THE LESSON**

As discussion leader/teacher, your role is to present discussion questions and activities like those suggested in the lesson materials. You are not expected to be the “expert,” but are responsible for leading others in discussion and encouraging an open, sharing atmosphere.

**BEFORE THE GROUP MEETS:**

Review the online mini-modules: Freezing Fruits [https://umconnect.umn.edu/p22502382](https://umconnect.umn.edu/p22502382) and Freezing Vegetables [https://umconnect.umn.edu/p78878019/](https://umconnect.umn.edu/p78878019/) and the lesson materials.

- Ensure internet access is available at the site.
- Have copies of the participant handouts and the evaluation form for each participant.
- Review the step-by-step directions for freezing strawberries and rhubarb. If you choose to conduct a hands-on demonstration or group activity, select a product to freeze, have ingredients and equipment available.

**SUGGESTED LESSON OUTLINE**

**Introductory Activity**

Have participants share their experiences of freezing food for later use. What foods have you frozen for later use? What are some reasons you freeze food for later use?

**Discussion**

- Review the lesson objectives with the participants.
- Show/view the online mini-modules: Freezing Fruits [https://umconnect.umn.edu/p22502382](https://umconnect.umn.edu/p22502382) and Freezing Vegetables [https://umconnect.umn.edu/p78878019/](https://umconnect.umn.edu/p78878019/)
- Discussion questions using the information from the online mini-modules:
  - Name 3 food safety considerations when freezing fruits and vegetables.
  - Package food for the freezer to keep moisture in and air out. What packaging materials and containers do you use to freeze food?
  - What is freezer burn? How do you prevent it? Is it a food safety issue?
  - Name three options to pack fruits? What type of fruits work best for each type of pack (unsweetened, dry sugar, syrup pack)?
  - What is blanching? What food needs to be blanched before freezing?
  - How do you label the items you freeze?
  - How long can you keep food in the freezer? How do you track the inventory in your freezer?
POSSIBLE GROUP ACTIVITIES USING THE HANDOUTS

1. Freezing Food for Later Use
   a. Review and discuss concepts in handout.

2. Freezing Strawberries Step-by-Step Directions: Using the sugar pack method; Freezing Rhubarb Step by-Step Directions: Dry pack, no sugar added; Freezing Rhubarb with Syrup: Step-by-Step Directions: Syrup pack
   a. Review and discuss or select a product to freeze following the step-by-step directions OR conduct a hands-on demonstration or group activity selecting a product to freeze.

3. Food Preservation Resources and Supplies and Equipment
   a. Discuss why it is important to use research tested recipes and resources dated after 1994. Discuss the best place to buy supplies for freezing.
   b. Access the Internet and explore the University of Minnesota Extension food preservation resources available http://www1.extension.umn.edu/food/food-safety/preserving/freezing/
   c. Access the Internet and view freezing resources on the National Center for Home Food Preservation http://nchfp.uga.edu/how/freeze.html

4. Blanching Vegetables
   a. Read and review handout.
   b. Practice or demonstrate the blanching process.

5. Tips for Freezing Fruit
   a. Review and discuss handout.
   b. Practice or demonstrate the three fruit pack options.

6. Freezer Inventory and Length of Storage for Quality Food
   a. Brainstorm list of foods currently in home freezers. Discuss suggestions to keep track of freezer inventory. See chart for recommended storage times for best quality. Brainstorm ideas on how to use foods in the freezer.

SUMMARIZE

• Have participants describe one or two concepts they learned about freezing food.
• Discuss one or two items from this lesson they will use when freezing food for later use.

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