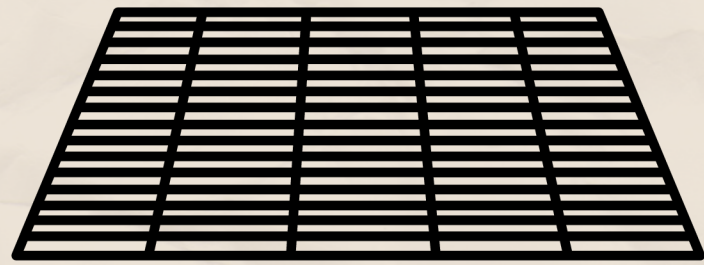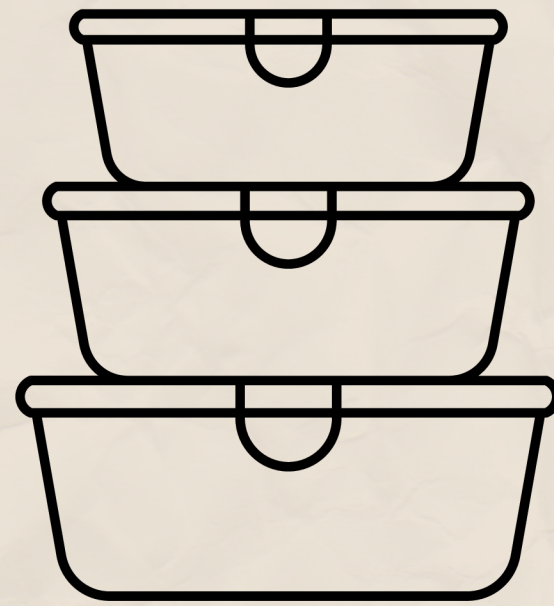# FREEZER MEAL SAFETY GUIDE

Cool & Freeze Fast

Cool before freezing to prevent ice crystals and freezer burn.

Proper Packaging

Use airtight freezer-safe containers and remove excess air.

Label & Rotate

Mark meals with name, date, and reheating instructions. First in, first out!

Thaw Safely

Thaw in the fridge, microwave, or cold water—never at room temperature.

Beware Refreezing

Avoid refreezing thawed food unless cooked first.

Follow these simple steps to prevent freezer burn, reduce waste, and avoid food safety hazards while making the most of your freezer meal system.