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Putting Food on The Table: Addressing food
security among isolated older adults during
COVID-19

2021

A Guide to Simple Food Storage

Putting Food on The Table Project
Sheridan College

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Food You Can't Eat

If you receive food that you cannot eat due to dietary restrictions, give it to a neighbour, if safe to do so, or throw it out.

Food for Life rescues and redistributes fresh, good foods to help lower the cost of groceries week to week. Our team aims to meet the needs of all our clients, but we understand that sometimes it can be difficult to make use of all the food you receive. If you have excess food, these are some steps you can take to reduce waste.



Food for Life

2258 Moutainside Drive
Burlington Ontario,
L7P1B7
905.635.1106

Sheridan | Centre for
Elder Research



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A Guide to Simple Food Storage



General Tips

Avoid Thawing and Refreezing

For most foods, refreezing is not a good or safe idea. Meat, fish, dairy products, vegetables, and frozen meals or casseroles should not be refrozen.

Portion It Out

Freeze leftovers in manageable portions for yourself and/or your household for easy reheatable meals.

For consistent portion sizes: Freeze food in a muffin tin or ice cube tray before transferring into a freezer bag for easy use. This can be a great way to have sweet nutritious treats, like applesauce, on hand.

Store With Care

Be sure to seal the zip-top bag and squeeze out any excess air before placing it in the freezer.

Write the date on the bag with a pen or marker to help you remember what to use first.

Lay freezer bags as flat as possible to save lots of space in a small freezer.

Freezing Food ❄️

Freezing food is an easy way to store foods that you can't use right away. Raw ingredients or cooked meals can be portioned and stored in the freezer. Most foods can last for months when kept frozen in proper packaging, such as freezer-safe locking containers or freezer bags, to prevent freezer burn.

Cooked Food

Let cooked food cool completely before placing in the freezer. Freezing warm food can partially thaw surrounding items.

Skim excess fat off the food you want to freeze (think stews and soups), as it causes food to spoil more quickly in the freezer.



Fresh Food

Most produce can be pre-chopped or divided into manageable portions to be cooked later.

Cleaned, fresh produce like extra kale, spinach or parsley can be placed in freezer bags and a handful can be broken off to add to soups, stews or sauce later.

Chopped and blanched carrots, and many other vegetables, can be frozen for quick additions to soups and stews.

Many fruits can be turned into sauces for easy freezing. Stew down left over apples, pears with your choice of spices for quick, nutritious snacks or desserts.

Do not freeze: melons, citrus, lettuce, radishes, alfalfa sprouts, eggplant and potatoes (unprepared, you can freeze mashed potatoes).