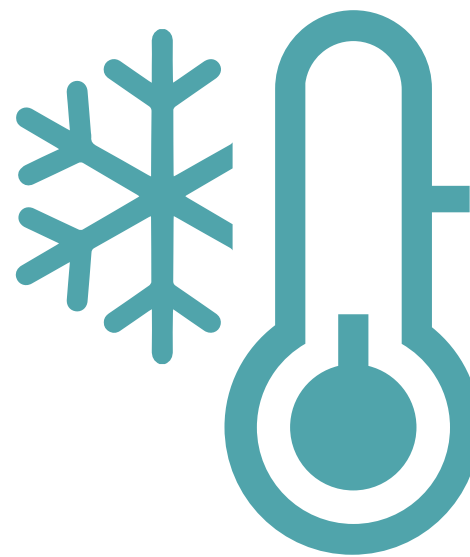


DO NOT FREEZE THESE FOODS



Food	Condition After Freezing
Cabbage*, celery, cress, cucumbers*, endive, lettuce, parsley, radishes	<ul style="list-style-type: none"> • Limp, water-logged, quickly develops oxidized color, aroma and flavor * Cucumbers and cabbage can be frozen as marinated products such as "freezer slaw" or "freezer pickles". These do not have the same texture as regular slaw or pickles.
Irish potatoes, baked or boiled	<ul style="list-style-type: none"> • Soft, crumbly, water-logged, mealy
Cooked macaroni, spaghetti or rice	<ul style="list-style-type: none"> • Mushy, tastes warmed over
Egg whites, cooked	<ul style="list-style-type: none"> • Soft, tough, rubbery, spongy
Meringue	<ul style="list-style-type: none"> • Soft, tough, rubbery, spongy
Icings made from egg whites	<ul style="list-style-type: none"> • Frothy, weeps
Cream or custard fillings	<ul style="list-style-type: none"> • Separates, watery, lumpy
Milk sauces	<ul style="list-style-type: none"> • May curdle or separate
Sour cream	<ul style="list-style-type: none"> • Separates, watery
Cheese or crumb toppings	<ul style="list-style-type: none"> • Soggy
Mayonnaise or salad dressing on sandwich	<ul style="list-style-type: none"> • Separates
Fruit jelly on sandwich	<ul style="list-style-type: none"> • May soak bread
Fried foods	<ul style="list-style-type: none"> • Lose crispiness, become soggy

Compiled by Nutrition and Food Safety Educator, Vicki Hayman

