



# FOODS YOU CAN FREEZE



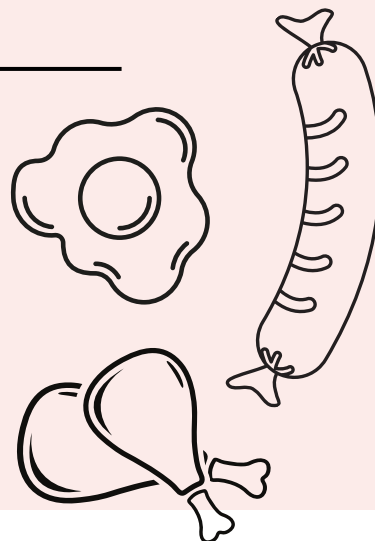
## PRODUCE

- Bananas
- Berries
- Cantaloupe
- Watermelon
- Peaches
- Grapes
- Avocados
- Most Veggies
- Squash
- Sweet Potato
- Spinach



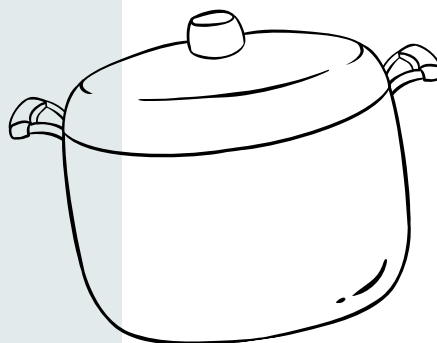
## PROTEIN

- Beef
- Chicken
- Rotisserie Chicken
- Pork
- Fish/Seafood
- Lunch Meat
- Hot Dogs/Sausage
- Eggs



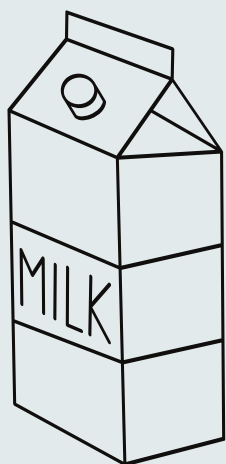
## PREPARED FOODS

- Freezer Meals
- Pizza
- Sauces
- Soups
- Cooked Rice, Pasta, & Beans
- Slow Cooker Meals
- Hummus



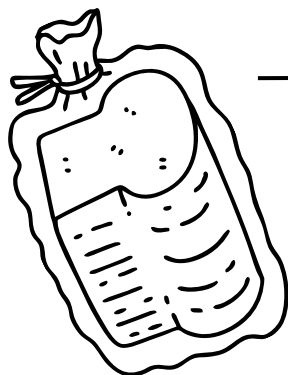
## DAIRY

- Butter (stick or tub)
- Sour Cream
- Ricotta Cheese
- Cream Cheese
- Cheese
- Yogurt
- Milk
- Heavy Cream



## OTHERS

- Yeast
- Nuts
- Seeds
- Flour
- Herbs & Spices



## PASTRIES

- Bread
- Tortillas
- Muffins
- Bagels
- Bread Crumbs
- Breakfast Foods

## SWEETS

- Candy Bars
- Cake
- Cookies
- Cupcakes
- Cookie Dough

