




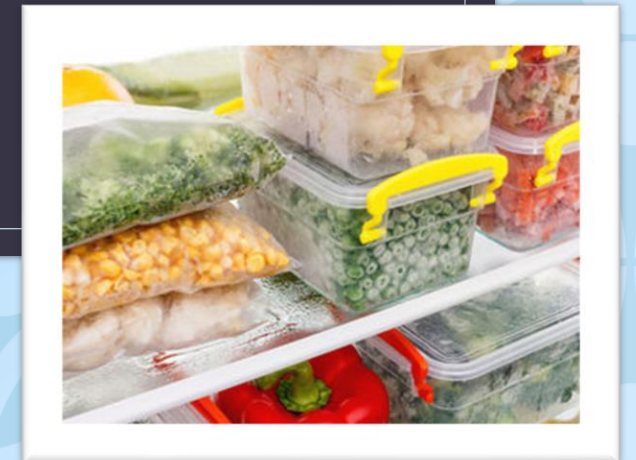
DEEP - FREEZING

Extend your food storage life and freeze it

A close-up photograph of a wooden basket filled with fresh vegetables. In the foreground, there are several bright orange carrots with their green tops still attached. To the left, there are several dark red beets with their leafy greens. In the center, there are several white onions with their green stalks. The background is a soft-focus green, suggesting more fresh produce. The lighting is bright and natural, highlighting the textures and colors of the vegetables.

**The fresher the food is
when it goes in the freezer
the longer it will keep.**

**Keeping your food in
airtight packaging
will save your food
from drying**



- **Airtight packaging will protect your food from loss of aroma**



- **Freeze cooked leftovers and warm them up again when needed.**



WHEN BUYING FROZEN
FOODS ,DO YOUR BEST NOT
TO INTERRUPT THE COLD
CHAIN.



The image shows two glass meal prep containers on a light-colored, textured surface. The container on the left contains a stir-fry with thin, light-colored noodles, sliced red bell peppers, broccoli florets, baby corn, and pieces of chicken. The container on the right contains a portion of white rice, a portion of the same stir-fry, and a portion of chicken. To the right of the containers, a silver fork and a silver knife with a black handle are visible. The text is overlaid in the center of the image.

- **Freeze food only in bags and containers that are specifically intended for this purpose.**



**Always label
your frozen
items with date
and content**

**THANKS FOR THE
ATTENTION. I HOPE YOU
ENJOYED MY
PRESENTATION.**

