



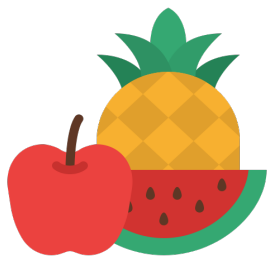
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# FREEZE!

## The surprising food items that can be frozen

A great way to preserve food and extend its shelf life is to freeze it down! Many of us purchase food in bulk and by the time we wish to use them they have gone out of date and need to be disposed of.

The traditional leftovers, meat and bread get frozen down. But did you know these items can also be preserved in the freezer too?



### Fruit

Veggies are a well known freezable item, but did you know fruit can also be frozen down too?



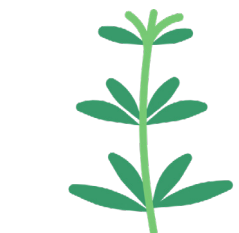
### Hard Cheese

Soft cheese can not be frozen, however hard cheese is perfect to be frozen down for around 1 month.



### Fizzy Drinks

Despite their fizzy contents, fizzy drinks can be frozen down to be enjoyed at a later date.



### Herbs

Much like vegetables and fruit, excess herbs are also ideal for freezing.



### Milk

An often unknown freezable item, one which is normally a big culprit for food waste.



### Pasta and Rice

When cooked, pasta and rice is great to freeze down, perfect for when you make extra spag bol!



### Potato

A vegetable that is great for freezing that many people do not know about!



### Wine

Opened a bottle but can't finish it? Freeze it down, it will be perfect for cooking with or even for a spontaneous evening drink!