

WHAT FOODS CAN I FREEZE?

Freezing food is a simple way to extend the life of the product and reduce food waste. Most foods can be frozen, however there are some foods that freeze better than others.

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WHAT TO FREEZE?

Many foods freeze well and can be kept safely in the freezer for extended periods of time. Foods that don't freeze well often have a high water content, like lettuce and mayonnaise.

More details can be found below:

[Top tips for freezing foods](#)

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VEGETABLES

Vegetables are great to store in the freezer and can be frozen for up to 18 months! Be careful if freezing vegetables with a high water content (such as cucumbers) as they can become soggy when defrosted. Find out how to get the best from your frozen vegetables below:

[How to freeze vegetables](#)

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FRUIT

All fruit can be frozen, and if stored properly is safe to keep in the freezer for up to 12 months. It's a good idea to wash, dry and cut up fruit before freezing into portions. This makes it easy to then thaw and use only what you need. More information on how to freeze fruit can be found below:

[General tips for freezing fruit](#)

[How to freeze fruit](#)

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MEAT, FISH & POULTRY

Freezing meat, fish or poultry is a great way to safely store it until you decide to use it. Below are a few resources to help maintain quality and taste when you freeze.

[Freezing beef](#)

[Freezing cooked meat](#)

[Freezing chicken - the right way](#)

[Freezing fish](#)

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DAIRY

Milk, cheese and yoghurt can all be stored in the freezer. Some products will become watery when thawed so are best used in cooking. Tips to freezing dairy can be found below:

[Tips to freezing milk](#)

[Can you freeze yoghurt?](#)

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LEFTOVERS

Freezing leftovers is a great way to reduce food waste and provide ready made meals for another time. Find lots of handy tips to freezing leftovers below:

[How to freeze leftovers](#)

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ADDITIONAL RESOURCES

[Common myths about freezing foods](#)

[The Big Chill - everything you need to know](#)

[Freezing food guide](#)

[Freezing fruits and vegetables](#)



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