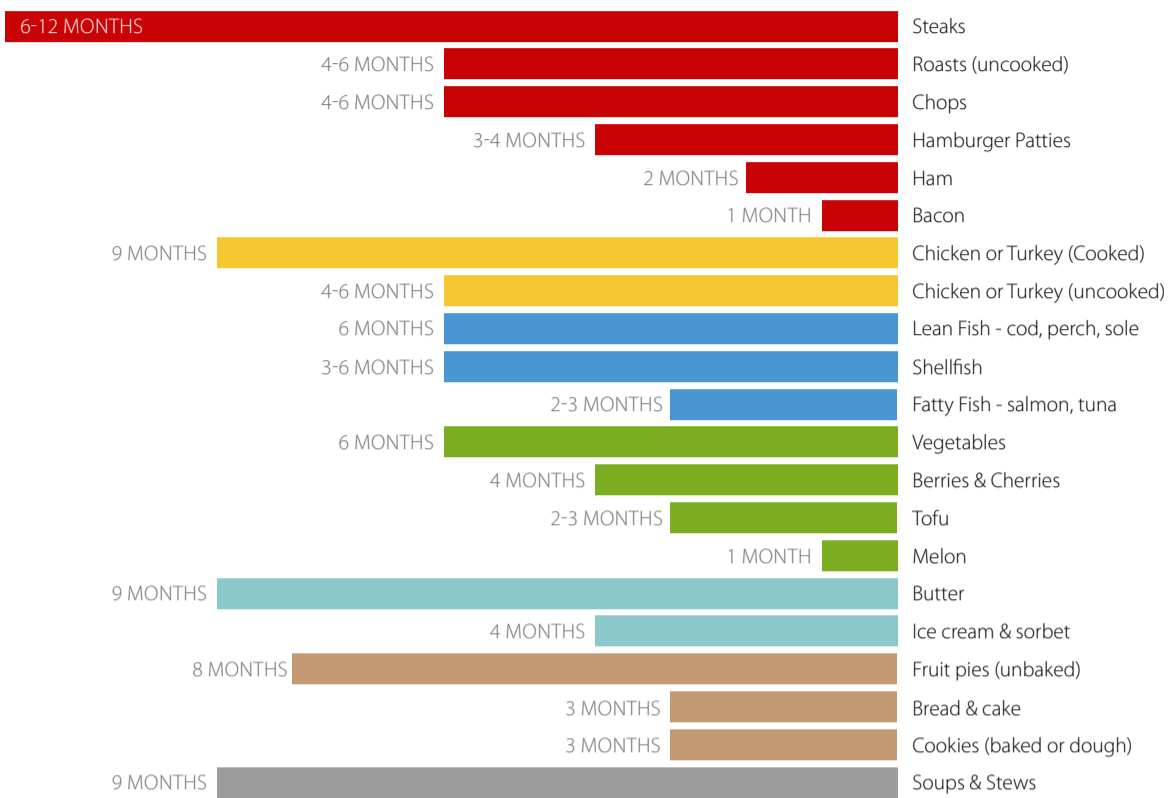
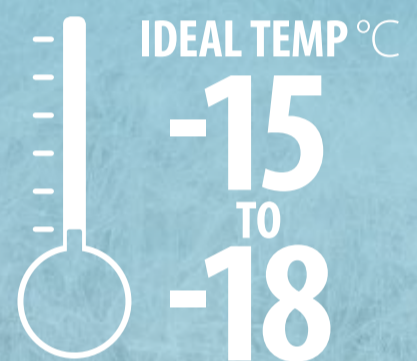


Guidelines for the Storage of Frozen Food

For best quality, use oldest packages first. These maximum recommended storage times (months) are for best flavour and texture:



- ✓ Store food in moisture and air proof containers.
- ✓ Label your frozen foods with contents/date prepared details and remember, first in, first out.
- ✓ Keep your freezer clean to ward off the transfer of strange tastes and odours.
- ✓ Have sufficient storage space so that refrigerated air can circulate around the food.



Howards Top Freezer Organisers

A. Joseph Joseph QuickSnap™ Ice Tray \$15.95

Includes a switch mechanism to release individual cubes. Plastic. White. IDS2215.

B. Linus Fridge Bin Medium \$17.95

Clear to easily see what is inside. Resipreme® Plastic. W9.9 x D24.5 x H15.5cm. ANA71630.

C. Howards Mimi Separator Narrow \$7.95

Ideal for keeping packets grouped and neat. Plastic. W13.8 x D33.1 x H24.5cm. PLF007.

D. Décor Tellfresh Containers from \$3.95

Assorted sizes and perfect for storing pre-made meals. Add re-usable labels for extra peace of mind. (DCR003060).

Tellfresh Tag Set \$3.25 DCR135904.

E. Twistix Frozen Pop Makers \$9.95

Wind up mechanism similar to lipstick, makes home-made ice blocks fun. Set of 4. PSW9965.

F. Trend Square Basket \$4.95

A good basic organiser with integrated handle. Plastic. W22 x D24 x H13cm. HLL3915.



THE BUSINESS OF DEFROSTING

- | | | | |
|-------------------|--------------------|----------------|------------------------|
| ✓
Plan ahead | ✓
In cold water | ✓
In fridge | ✓
Cook once thawed |
| ✓
In microwave | ✗
On benchtop | ✗
Re-Freeze | ✗
Thaw in hot water |

DID YOU KNOW?

If the door is kept closed during a power outage a full freezer should keep your food frozen for up to 48 hours. A half full freezer will keep food frozen for up to 24 hours ⁽¹⁾