

Fight the Burn, not the Freezer!

Freezer burn develops due to either improper storage or the length of time left in the freezer. If improperly stored, some of the water that makes up the food turns into ice when combined with oxygen. Although the food is still safe to eat, the areas that have freezer burn tend to be drier and less tasty because moisture was released.

Unless you are planning on cooking and eating the frozen items in the next month or two, be sure to package your food well. The average time you should store food in the freezer is between 4-12 months; beyond this time, the food begins to decline in quality. Leftovers can be frozen up to 1-3 months.

Tips to Help Prevent Freezer Burn:

1. Wrap your food tightly; any air will cause freezer burn. As an extra layer of caution, use aluminum foil or freezer paper and label with the date you put in the freezer. Sturdy zippered plastic bags also work.
2. Allow food to cool before freezing. Freezing food while still warm or hot will cause steam and then ice crystals to form.
3. Keep your freezer temperature at or below 0 degrees F. If your food begins to melt, water will form and create freezer burn.
4. Don't overstuff your refrigerator — it can raise the temperature.

How to Prepare Food Already Freezer Burnt:

1. Do not microwave the food. Microwaves heat water molecules inside the food. Because the water is outside of the surface, this will dry out the food even more. Instead cook the food over the stovetop.
2. Cut off as much of the freezer burn as possible.
3. If the whole food is freezer burned, try adding sauce to the meal.

Dining Centers & Days of Service Call for Lunch Reservations

LINN COUNTY

Albany Senior Center

Monday - Friday (541) 967-7647

Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

Lebanon Senior Center

Monday - Friday (541) 451-1139

Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

Corvallis Senior Center

Monday - Friday (541) 753-1022

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

Siletz, Tribal Community Center

Mon. & Wed. (541) 270-7416

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796