



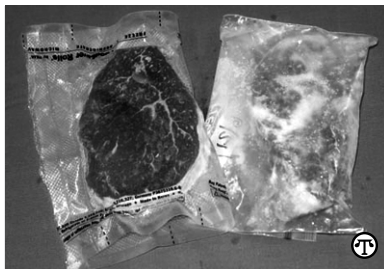
## Put The Freeze On Freezer Burn

### The Secret To “Fresh” Frozen Food

(NAPS)—So, how long does it take for freezer burn to set in? If you thought a month or more, you’re not alone. In a recent study from Opinion Research Corporation, consumers assumed it took a month or more for freezer burn to occur. In reality, it takes less than a week.

While the signs might not yet be visible, freezer burn can begin to set in within just a few days. As soon as foods absorb oxygen, they start to age and change, leading to spoilage, dehydration and off flavors. No matter how tightly you wrap or how many “protective” layers you use, standard bags and wraps are simply not airtight, making it easy for oxygen to go to work trapping in air and moisture. Unlike any other storage method, home vacuum-packaging solutions like the FoodSaver system completely remove the air and moisture that cause freezer burn. By vacuum packaging, you can completely prevent freezer burn. Unlike standard wraps, bags and containers, FoodSaver actually preserves food in the freezer up to five times longer. Rely on these simple suggestions for freezer storage success.

• **Deep Freeze**—Are you wondering just how long you can store



After three weeks in a bag-to-bag test, vacuum packaged meats clearly showed no signs of freezer burn.

Food	Normal Freezer Life	Vacuum Packaged Freezer Life
Fish	6 months	2 years
Large cuts of meat	6 months	2-3 years
Ground meat	4 months	1 year
Coffee beans	6-9 months	2-3 years
Ground coffee	6 months	2 years

food in the freezer? This chart offers storage tips for those items most commonly kept in the freezer.

• **Keep Your Cool**—Before freezing cooked foods, let items cool completely. When hot items are placed in the freezer, the surrounding frozen items begin to thaw and

become a candidate for freezer burn. These items will then re-freeze when the temperature drops back down, causing larger, dehydrating ice crystals to form, which results in moisture loss.

• **Double Duty**—When preparing family favorites, double or triple recipes for enjoyment now and later. Extra portions require little extra work and are easily frozen and vacuum packaged for quick, home-cooked meals, even when time is tight. And, freezer-burn-free, meals will taste as fresh as the day you made them.

• **Freeze Out Food Waste**—An average American family of four throws away \$50 in food a month. Aside from the \$600 per family that’s wasted every year, that equates to 42 billion pounds of food as a nation, and freezer burn is one of the culprits. Eliminating freezer burn can help to cut down on food waste.

• **Beyond the Freezer**—Whether buying pantry items in bulk, cooking in quantity or simply looking to extend the life of food, vacuum packaging preserves food flavor in the refrigerator and pantry up to five times longer than other storage methods.

For more food storage tips, visit [FoodSaver.com](http://FoodSaver.com).