

# How to Safely Enjoy Frozen Fruits and Vegetables

It's important to follow preparation and cooking instructions on frozen foods and to understand the difference between frozen fruits and frozen vegetables.



## Frozen Fruits

Frozen fruits don't bear cooking instructions because they are best enjoyed right out of the bag.



## Frozen Vegetables

Need to be cooked according to package cooking instructions for safety and quality.

Both frozen fruit and frozen vegetable manufacturers follow stringent food safety practices.

## Frozen Fruits

✓ **High Acidity**

✓ **Sugar Content**

Most frozen fruits may naturally prevent or reduce the growth of potentially harmful bacteria.

## Frozen Vegetables

✓ **Lower Acidity**

✓ **Lower Sugar Content**

Frozen vegetables may not prevent growth of potentially harmful bacteria. **Always follow the package cooking instructions** to guarantee your frozen vegetables are safe to eat.

*Note: this cooking step is especially important for consumers who fall in vulnerable populations (pregnant women, infants, elderly and immunocompromised).*

Consumers should feel confident in enjoying the convenience, nutrition and safety of frozen produce.

## FARM TO FREEZER

### Frozen Fruits



**HARVEST:** Fruits are picked at the peak of ripeness.



**WASH:** Directly from the field, frozen fruits are cleaned, washed (depending on the type of fruit) and prepared for freezing.



**FREEZE:** Flash frozen within hours of harvest, locking in key vitamins and minerals.



**PACKAGE:** Conveniently packaged allowing for consumers to use right out of the bag.

### Frozen Vegetables



**HARVEST:** Vegetables are picked at the peak of ripeness.



**WASH:** Directly from the field, frozen vegetables are thoroughly cleaned and washed.



**BLANCH:** Most frozen vegetables are blanched meaning they are put in hot water or steam for a short time. This heat step serves to enhance the taste, crispiness and shelf life of the final product.



**FREEZE:** Flash frozen within hours of harvest, locking in key vitamins and minerals.



**PACKAGE:** Conveniently packaged for use with validated cooking instructions. Consumers must follow these on-package cooking instructions to ensure safe consumption and to enjoy optimal flavor and texture.