

Freezing food to make it last

Save money. Reduce Waste. Make life easier.

Food is more than what is on the plate. It is about health, connection, culture and community.

Freezing food is one of the simplest ways to make meals last longer, reduce waste, and have something ready when you need it.

Why freezing matters...

Freezing helps you:

- Make food last longer
- Reduce waste
- Save time on busy days
- Always have something ready to eat

If you can freeze it, you can save it

Freezing leftovers

Meals that freeze well

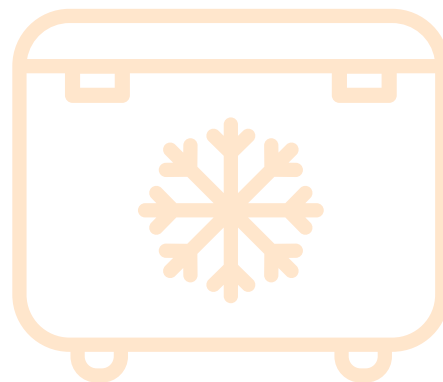
- Soup
- Stews
- Pasta sauces
- Casseroles
- Cooked mince dishes

Freezing fruit

Fruits you can freeze:

- Bananas – easier if you peel these first and store in a container
- Berries
- Apples and pears (chopped)
- Stone fruits

These can later be used for smoothies, muffins and cakes, desserts, and pancakes.



Freezing vegetables

Vegetables you can freeze:

- Carrots (chopped or grated)
- Broccoli (including the stems)
- Spinach
- Peas
- Corn
- Cauliflower (including the stems)
- Beans
- Capsicum (chopped)
- Zucchini (chopped or grated)
- Celery

For best results:

- Chop before freezing
- Freeze in small portions
- Use for stir-fries, soup, pasta dishes

For broccoli, carrots and beans: lightly cook (blanch) before freezing for best quality.

TOP TIP

Keep a container or bag in the freezer for vegetable scraps, perfect for making homemade stock later.

Freezing bread and baked goods

It is best to

- Slice bread before freezing
- Freeze muffins, cakes, pizza bread and uncooked dough.

Freezer smart tips

- Freeze flat (bags stack easily)
- Label everything
- Use oldest food first
- Keep a “use soon” section

How long does it last?

- Cooked meals: up to 2–3 months
- Fruit and vegetables: up to 3–6 months
- Bread: up to 1–2 months

NOTE: Food is often still safe after this, quality may reduce over time.

Defrosting and reheating

Freezing helps save food, but how you defrost it matters.

Best ways to defrost:

- Thaw at room temperature in a container or bag
- Toast bread straight from frozen
- Warm muffins or baked goods gently in the oven

Reheating tips

- Reheat meals until steaming hot
- Use the microwave for soups and meals
- Use the stove for soups, stews and casseroles (add a little water if needed)
- Use the oven or sandwich press for bread and savoury items to keep them crisp

Avoid

- Microwaving bread (can become soggy or chewy)
- Leaving food uncovered (can dry out)

Important

- Do not refreeze food that has been defrosted unless it has been fully reheated
- Reheat food properly – not just warm

Freezing only works if the food is still enjoyable to eat. Storing and reheating food well helps make sure it doesn't go to waste later.

Freezing is about

- Saving what you can
- Making things easier later
- Reducing waste over time
- Having seasonal produce available when not in season, and sourced affordably
- Having food available when you need it

Freezing food is one of the simplest ways to:

- Stretch your budget
- Reduce stress
- Keep food and meals on hand

