



DO FREEZE

Apples (in syrup or to be baked later)
Artichokes (blanched)
Asparagus (blanched)
Avocado
Bacon, cooked + raw
Bananas, overripe & peeled (good for smoothies, or baking only)
Beans, cooked
Beef
Beets (cooked, not raw)
Berries
Berries (good for smoothies, or baking)
Biscuits
Blue Cheese crumbles
Broccoli (blanched)
Broth
Brownies
Brussels sprouts (blanched)
Butter
Cakes (unfrosted)
Carrots (blanched)
Cauliflower (blanched)
Cheesecake
Cheeses: hard ones like Cheddar, Parmesan, Colby, Mozzarella (best to freeze shredded)
Chicken
Chocolate
Citrus fruits (in wet or syrup packs)
Citrus: grated rind
Coconut
Coffee Creamers
Coffee: Make ice cubes of leftover coffee; drop in Iced coffee
Cookies
Crab
Croutons
Deli or pre-cooked meats
Doughnuts (unglazed)
Egg whites (must be raw)
Eggs whole raw, without shells
Feta Cheese crumbles
Fish
Flour
Fruit cake
Fruit Juices
Garlic (frozen in oil)
Gorgonzola cheese crumbles
Grape Juice
Grapes (good for smoothies, or baking only)
Green Beans (blanched)
Green peppers, chopped
Herbs (frozen in oil)
Hot dogs
Hummus
Ice cream
Lemon juice
Lime Juice
Lobster
Mangos
Milk
Muffins
Mushrooms
Nuts
Okra (blanched)
Onions
Orange Juice
Pancakes and waffles
Parsley
Pasta, undercooked
pastry shells
Peaches (peeled, sliced)
Peas (blanched)
Pesto
Pies (fruit, nut, pumpkin, and sweet potato. No meringue)
Pineapple
Pizza
Plums (in syrup packs)
Pomegranates (in syrup packs)
Pork
Plums (in syrup packs)
Pomegranates (in syrup packs)
Pork
Potatoes (cooked, not raw)
Pumpkin (cooked, not raw)
Quick breads (zucchini or banana bread)
Sausage
Scallops
Shrimp
Spinach (blanched)
Squash (summer, zucchini, ect - blanched)
Strawberries
Sweet potatoes (cooked, not raw)
Tamales
Tomato based pasta sauce
Tomato paste
Tortillas
Turkey
Whipped cream
Wild game
Yeast breads, raw or cooked
Zucchini, diced or sliced (blanched)



DON'T FREEZE

Cantaloupe
Celery (unless mixed into a cooked recipe, but not alone)
Cottage cheese (unless mixed into a cooked recipe, but not alone)
Cream based soups and sauces
Cream cheese (unless mixed into a cooked recipe, but not alone)
Cucumbers
Eggs, hard boiled
Eggs, raw in shells
Endive
Food in cans
Fresh soft mozzarella cheese
Fresh tomatoes
Fried foods (will become soggy)
Fully cooked pasta (can be frozen in dishes if undercooked)
Fully cooked rice (can be frozen in dishes if undercooked)
Gelatin
Gravy (unless mixed into a cooked recipe, but not alone)
Green onion (unless mixed into a cooked recipe, but not alone)
Half-n-Half
Heavy Whipping Cream
Lettuce
Cabbage (unless mixed into a cooked recipe, but not alone)
Mayonnaise
Melon (unless frozen in chunks for blending into smoothies)
Meringue
Potatoes, raw
Radishes
Raw tomatoes (unless mixed into a cooked recipe, but not alone)
Salad type Greens (unless mixed into a cooked recipe, but not alone)
Soft Cheeses like Brie or Camembert Cheese
Sour cream (unless mixed into a cooked recipe, but not alone)
Watermelon
White Sauce Bases/Roux (unless mixed into a cooked recipe, but not alone)
Yogurt