

7 Tips for Preventing Freezer Burn



1 **Safely prepare food for freezing**
This could pertain to cooling hot food to safe and correct temperatures and/or making sure that food is properly packaged.

2 **Use proper freezing materials**
Use freezer paper, freezer-safe ziplock bags, or airtight containers for maximum protection from freezer burn.

3 **Calibrate freezer temperatures**
Set a regularly recurring freezer thermometer calibration task to ensure food is never at risk of not staying cold enough or thawing.

4 **Keep freezers open for as little time as possible**
The more time your freezer door stays open, the more the freezer's cold air will fluctuate. Limit this as much as possible because warm air can lead to food losing moisture, resulting in dryness and discoloring.

5 **Avoid thawing and refreezing food**
As best as you can, only pull out of the freezer what you intend to prep and cook that day. Needing to refreeze thawed food can negatively impact its quality and potentially increase food waste over time.

6 **Rotate foods to reduce risk of freezer burn**
Frequently rotating (and labeling) the food in your freezer will help you work through older food first, so nothing unnecessarily succumbs to freezer burn.

7 **Avoid long-term storage**
Over a long enough time period, even the best-sealed frozen food will become freezer burned. If there are food items you don't plan to use for more than six months, consider not freezing them and cooking them sooner.