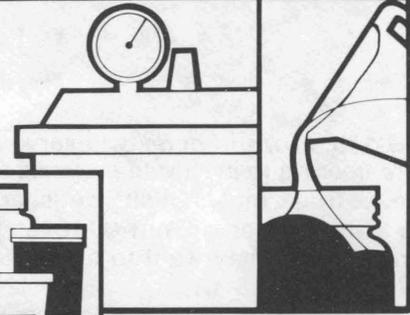
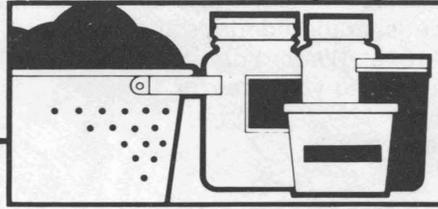


# Preserving Food at Home



## Freezing



## Lesson 2 The Big Freeze

Dear Home Food Preserver,

Freezing, a simple procedure, will keep food tasting more like "fresh-picked" than any other preservation method. The disadvantages are the high cost of operating a freezer and the original purchase cost of the freezer. Extension nutritionists at Cornell University report that in recent studies foods frozen in the home, even under the best conditions, cost almost 19 cents per pound more than food eaten fresh. The best conditions include using an energy-efficient freezer to full capacity in an area where electric rates are relatively low. Inefficient use of freezer space or materials, poorly operating freezers, and high electric rates add to the cost, in some cases up to 53 cents per pound, according to the Cornell report.

Frostless freezers require more electrical energy than conventional freezers. A conventional 15-cubic foot freezer uses an average of 1,165 kilowatt hours of energy per year while a 15-foot frostless freezer uses 1,761 kilowatt hours, or almost one-third more.

The energy cost of operating a freezer for 1 year also varies with the size and capacity of the freezer. The cost decreases as the capacity increases. For example, an 18-cubic foot freezer holds three times as much food as a 6-cubic foot freezer, but costs less per cubic foot to operate. The cost of home freezing 1 pound of food decreases as the freezer is filled to capacity and freezer capacity increases.

The cost of packaging materials and containers for the freezer vary greatly. Bags and twists can cost as little as 2 cents each. Reusable plastic cartons are more expensive, but can be used for many seasons. The containers can be economical, but the initial investment can be high.

B-175, *Frozen Foods*, will serve as your guide to freezing foods. Remember to blanch vegetables before freezing to inactivate enzymes that may cause loss of flavor and color. *Frozen Foods* also tells how to freeze fruits, meats\*, fish\*, eggs, prepared foods and nuts. And, just in case you have the misfortune to have your freezer go out, L-1345, *When Your Home Freezer Stops*, is included as an emergency reference. You may want to tape it to your freezer.

Best of luck in your home freezing.

Sincerely,

\* B-177, *Freezing Poultry for Home Use*, and B-1242, *Freezing Fish and Shellfish*, are available upon request.

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