

Home Demonstration News

Foods for Freezer Must Be in Proper Container

By FLOY G. GARNER
Home Agent

Is the cardboard carton used for fresh milk, all right to use as a frozen foods carton?

It was not made to use for frozen foods, and it is not satisfactory for that purpose. This is true when it is clean, and new, before it has been used for milk. It is doubly true after milk has been in it, for then there is no way to get it clean.

Even if it could be clean, it still would not be good for frozen foods. It is not made of proper materials. Cardboard cartons made for frozen foods have special treatment to protect the food when it is stored at low temperature.

The cardboard carton is fine for fresh milk—convenient, inexpensive, easily disposable, so—leave it to milk! Let's not use it as a food container or a frozen food container.

"Why isn't the milk carton, the fresh oyster cup, the ice cream carton, all right to use for my frozen peas, strawberries, and beans?" You have asked this question. They are not all right for the same reason that butcher paper or household aluminum foil or wax paper isn't all right for wrapping your beef roast, chicken or fish for freezing!

They just weren't made for the purpose. You don't wear evening shoes on the golf course or around the house for household chores. The principal is the same. Milk cartons and similar containers have a place, but it definitely is not in the home freezer.

The packaging experts say: "Materials used for wrapping meats must be an oxygen barrier." They tell us, "It is necessary that frozen food containers and packaging materials have low moisture-vapor transmission."

To us that means use containers and packaging materials that will keep all the freshness inside the package while it is being frozen and during the storage period in the freezer.

A block of ice on the floor of your kitchen will turn into a puddle of water. If you put a block of ice in your freezer, after a longer while, it will disappear. You will find it sticking around on surfaces in the form of frost.

way—looks, texture, flavor, and above all, more of their original food value will be retained.

Remember also, that improper scalding (blanching) causes vegetables to toughen, lose flavor, change color, and lose part of their food value. In other words, undesirable changes occur in the unscalded vegetables while they are at zero storage. It is very important to chill thoroughly and quickly after blanching, in order to get top quality in frozen vegetables.

Let's make a very special effort to eat more vegetables this year. We need vegetables each day—fresh, frozen, or canned.

Homemakers, let's "boil the pot" more often for our families' health sake!

In 1956 Sweden was visited by 85,700 visitors from the United States.

In moderate or high temperatures, such as you would find in your kitchen, ice turns to water, but in a low temperature such as you have in your home freezer, ice turns to vapor and settles on the walls of the freezer. This increases the defrosting task as well as causing poor quality food in the freezer.

Understanding "why" you should use materials through which moisture will not seep and air will not go will be to your advantage when packaging foods for freezing. Your frozen foods will be better in every

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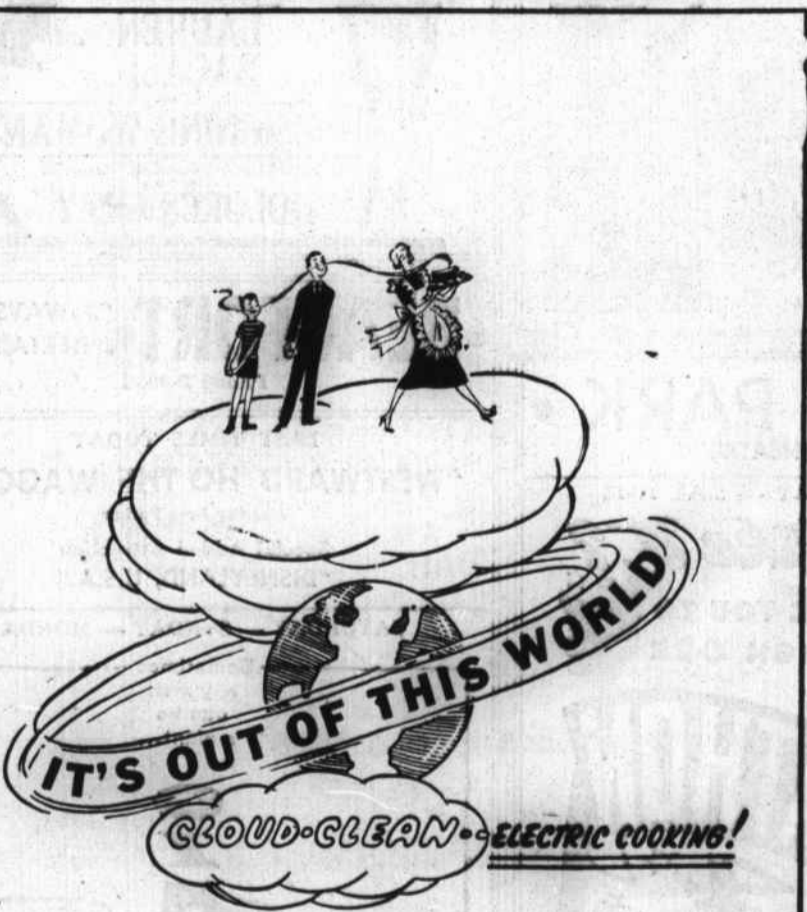
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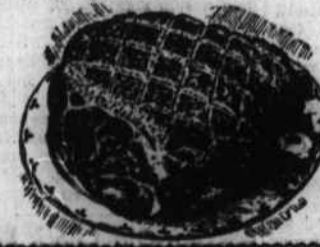
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