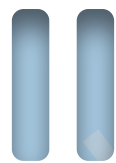


# FREEZE IT!

## DO ONE THING DIFFERENTLY



### Use your freezer like a pause button

You can freeze food right up to its use-by date.

## NOTICE

Always defrost leftovers completely, either in the fridge or in the microwave.

Cook the food **within 24 hours of defrosting** until piping hot and

**DO NOT RE-FREEZE!**

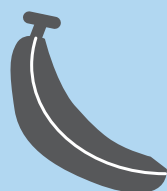
### Did you know?

You can freeze pretty much everything!



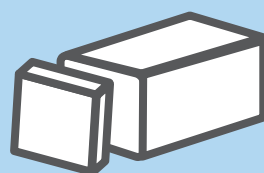
#### FREEZE bread? ✓

Use straight from frozen as toast or make sandwiches for work – by lunchtime they'll be defrosted!



#### FREEZE bananas? ✓

Peel and chop them: perfect for making smoothies!



#### FREEZE cheese? ✓

Grate it first: great for cheese on toast, omelette, etc.



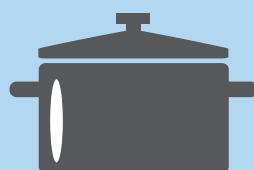
#### FREEZE eggs? ✓

But separate yolks from whites first!



#### FREEZE milk? ✓

You can freeze milk in its plastic container; pour out a small amount (and use in a cup of tea) to allow for expansion. Shake well before using!



#### FREEZE leftovers? ✓

Cool them fast and freeze as soon as possible!



#### FREEZE lettuce? ✗

Frozen lettuce will turn to mush!