

Frozen Fruit





Frozen Fruit

SHOPPER'S TIPS

- Look for unsweetened varieties.
- Avoid torn packages, packages with water stains, or expired use-by dates.

FUN FACTS!

- The Chinese were the first to freeze foods beyond the winter months by using ice cellars as early as 3,000 years ago.
- During World War II, canned foods were needed for military use, so the frozen food industry grew to fill the gap created by the limited supply of canned goods. Until then, most frozen foods were a luxury.

WHAT IS IN IT FOR YOU?

The freezing process locks in nutrients soon after harvest. As a result, frozen fruit can be just as nutritious as fresh fruit.

SERVING IDEAS

- Top yogurt with frozen berries for a cool treat.
- Use frozen fruit to make smoothies.

PEAK SEASON

Frozen fruit is available year round and makes a great substitute for fresh varieties that are not in season.

STORAGE

Store fruit in the freezer for up to eight months. Once the package has been opened, tightly seal the remaining fruit to avoid freezer burn.