A to Z of freezing food



We often unsure what to do with leftovers or food that is short dated. Is it safe go into the freezer? Use this helpful list to learn what can and cannot be frozen for use another day*.

Can I freeze it – yes or no?

Bread – yes, all kinds of bread can be frozen. A great way to reduce waste, just defrost the amount of slices you require.



Cheese – hard cheese can be placed in the freezer and even grated whilst frozen. Soft cheese is not suitable for freezing.

Cucumber – no, not suitable for freezing due to high water content. Place in the green bin or composted if not edible.



Eggs – yes, but not in the shell. Crack the eggs into a sealable container and freeze.

Grapes – yes, can be frozen individually and used later in a smoothie or as a tasty ice cube.

Herbs – yes, wash, dry and place whole into a freezer bag or chopped into ice cube trays. Can be cooked from frozen.



Mushrooms – yes, slice up and freeze flat, then place in a sealed container. Can be frozen raw or cooked.

Pepper - yes chop up into slices. Can be cooked from frozen.



Potatoes – yes, leftover cooked or roasted potatoes can be frozen.

Tomato – yes, freeze your overripe tomatoes and use them another day in a pasta sauce or stew.



Wine – yes, pour into ice cube tray and freeze for use another day in a casserole or sauce.

*** All Information taken from www.lovefoodhatewaste.com/what-to-do where you will find more helpful advice about food storage**

www.Milton-Keynes.gov.uk/recycling

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