

MARCH IS FROZEN FOOD MONTH!

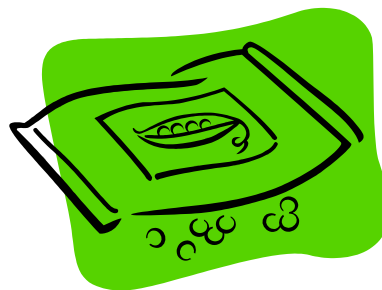


Freezing preserves nutrients

Freezing is the best known means of food preservation. Commercial quick freezing processes preserve the nutritional value, freshness, flavor and color of foods. All available experimental data shows that frozen products often contain more nutrients than fresh foods. That's because produce destined for commercial freezing is harvested at the height of ripeness and nutritive value. It is taken directly to nearby freezing plants for immediate processing which preserves the nutrient content. Fresh fruits and vegetables from the market are often gathered in an immature state and allowed to ripen "off the vine." Because they frequently are transported long distances and stored before they even go on sale in the supermarket, they have lost vitamins by the time they are purchased. Nutrient depletion even continues while produce is stored in the refrigerator.

Freezing is Economical

Edible ounce for edible ounce, frozen food costs are usually less than their fresh counterparts. According to a U.S. Department of Agriculture study, five of the six vegetables tested, (all available either canned, fresh or frozen), were cheapest when purchased frozen. (Source: National Frozen & Refrigerated Foods Assoc.)



If you are interested in nutrition classes offered by Better Living for Texans, contact the Family and Consumer Sciences Agent at your local Texas A&M AgriLife Extension Service:

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