

CHOOSING FROZEN FOODS

Don't get left in the cold!

Frozen foods can be healthy, quick choices if they are chosen carefully. Frozen foods are easy to store and often very affordable. Frozen fruits and vegetables are usually just as nutritious as fresh because they are picked at peak freshness. Learn about making the most of healthy, frozen foods.

FROZEN FOOD TIPS



Skip the frozen meals.

Instead buy frozen foods that are made from just a few ingredients such as fruits, vegetables, fish, lean meats, and whole grains.

Look for frozen foods without added sugar, salt, or fat.

Check the nutrition facts label!

Aim for foods that are minimally processed.

Foods that are less processed tend to be healthier. Great examples are vegetables that have just been cut up and steamed or raw frozen fruits.

Keep healthy foods in your freezer at all times.

This makes it easy to put together healthy meals with ingredients you have.

Prevent freezer burn.

Wrap foods well in a double layer of plastic wrap or aluminum foil, and seal them in freezer bags. Prepare and eat foods quickly after opening.

Store frozen fruits and vegetables at 0°F.

This helps prevent nutrient loss.

Keep a list of freezer foods on hand, and label foods well.

It can be easy to lose track of what is there!



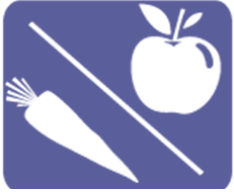
Cooking with frozen foods is easy!

Mix frozen fruit into oatmeal, baked goods, yogurt or smoothies.

Add some extra frozen vegetables to soups, stews, casseroles, or pasta.

CHOOSING FROZEN FOODS!

VEGETABLES

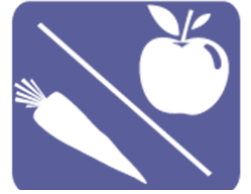


What to look for:

- No added salt
- No breading
- Not fried/pre-fried

- Asparagus
- Broccoli
- Brussels sprouts
- Cauliflower
- Carrots
- Corn
- Edamame
- Green beans
- Mixed vegetables
- Peas
- Spinach
- Snap peas

FRUITS



What to look for:

- No added sugar
- Not in a dessert

- Blackberries
- Blueberries
- Cherries
- Mango
- Mixed berries
- Mixed fruit
- Peaches
- Pineapple
- Raspberries
- Strawberries

MEAT/MEAT ALTERNATES



What to look for:

- No added salt
- No breading
- Not fried/pre-fried

- Chicken
- Fish fillets
- Lean beef
- Pork
- Turkey
- Shrimp

GRAINS/BREADS



What to look for:

- Whole grains
- No added sugar

- Brown rice
- Whole grain rolls/biscuits
- Whole grain pancakes/waffles
- Whole grain pizza crust

Michigan Office

139 W Lake Lansing Rd, Suite 120 • East Lansing, MI 48823
Telephone: (800) 234-3287 • Fax: (517) 332-5543

Association for Child Development

www.acdkids.org

Illinois Office

4415 W Harrison St, Suite 535 • Hillside, IL 60162
Telephone: (800) 284-5273 • Fax: (708) 236-0872

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or, (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.

(Rev. 11/2016)