Freezing and Reheating 101

How to Freeze and Reheat Your Eggs-on-the-Run

Freezing Egg Muffins:
1. After cooking egg muffins according to the directions, remove egg muffins from pan immediately with a spoon.
2. Let cool on wire rack for 30 minutes.
3. Place two egg muffins in a sandwich zippered disposable bag or plastic container.
4. Squeeze out air in zippered disposable bag.
5. Place in the freezer.

Reheating Egg Muffins: Place egg muffins on a plate or container and microwave for 30 seconds. Enjoy!

Tips for freezing and re-heating other food items:
- Cool foods before putting them in the freezer.
- Freeze food in individual portion sizes or in sizes suitable for your family.
- Slightly undercook meats, vegetables, pastas and rice to avoid overcooking when reheating.
- Moist foods reheat best.
- Casseroles can be frozen before or after cooking.
- Use freezer bags (NOT storage bags).
- Use airtight containers that are microwaveable or can go directly from freezer to oven.
- Smaller, individual servings heat more quickly than full recipes.
- Avoid overcooking by heating on a lower power setting.

What is safe to freeze?
Most food items can be frozen except: unopened canned food, eggs in shells, fresh potatoes.

How do I prevent freezer burn?
- Keep freezer temperature at or below 0° F. Place a thermometer at the warmest part of the freezer to monitor the temperature.
- Use freezer bags (NOT storage bags), heavyweight aluminum foil, plastic-coated freezer paper, or airtight plastic or glass containers.
- Label food item and write date food was frozen on label.
- Place newest items in back or on bottom of freezer. Eat oldest food first.

Safety and Containers

<table>
<thead>
<tr>
<th>Material</th>
<th>Microwave Safe</th>
<th>Oven Safe</th>
<th>Freezer Safe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glass</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Plastic Container</td>
<td>Yes (if labeled microwave safe)</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>Freezer Zipper Disposable Bags</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>Pyrex</td>
<td>Yes</td>
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<td>Yes</td>
</tr>
<tr>
<td>Aluminum</td>
<td>No</td>
<td>Yes</td>
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</tr>
<tr>
<td>Styrofoam</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
</tbody>
</table>

Sources:
http://www.eatright.org/resource/homefoodsafety/four-steps/refrigerate/freezing-101
http://www.bettycrocker.com/how-to/tipslibrary/misc/tips-for-freezing-and-reheating-food