



CWD Healthy Update

CWD Nutrition
Services Department

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March is National Frozen Food Month— Keep it Safe

Frozen foods are processed at the peak of quality. Freezing helps to maintain nutrients and flavors. Proper handling of frozen foods will maintain quality.

Freezer temperatures should be maintained at 0°F or below. Quality deteriorates if products are stored, even temporarily, at higher temperatures.

Be sure to monitor freezer temperatures. Multiple thermometers are recommended to help you to detect hot spots and temperature

variations in your freezer.



Handle frozen foods with care. Damaged packaging will subject the food inside to freezer burn or dehydration.

Frozen foods should never be stored on the freezer floor. Use pallets and shelving to increase

air flow around the products.

Tips to Maintain Freezer Temperature

- ◆ Don't open the freezer door unnecessarily
- ◆ Don't add non-frozen items to the freezer. They warm frozen items and can transfer flavors.
- ◆ Don't stay in the freezer longer than necessary. Your body temperature can increase the temperature inside your freezer.

Weekly Produce Update

Cauliflower—the supply gap is expected to continue for 2-3 weeks. Markets are high with limited product available.

Lemons—small sizes are in a demand exceeds supply situation.

Grapes—quality is mixed.

Strawberries—supplies are improving. Quality depends on growing region.

Carrots—supplies are good.

Cilantro—quality is fair due to heat and rain.

Lettuce—leaf market is active and supplies limited on some products.

Broccoli—the market is mixed with some supply issues.

CWD Food and Equipment Show

March 28-29th

Buffalo County
Expo Center
Kearney, NE



Celebrate March!

- National Frozen Foods Month
- National Nutrition Month
- National Sauce Month
- National Peanut Month
- National Flour Month
- National Noodle Month

MARCH