



## Frozen Foods

### Whole Grains

#### Breads

- Whole grain varieties

#### Waffles

- Whole grain varieties

### Fruits and Vegetables

#### Fruit without added sugar:

- |                 |             |
|-----------------|-------------|
| • Berries _____ | • Peaches   |
| • Fruit medleys | • Pineapple |
| • Mango         |             |

#### 100% fruit juice concentrate

#### Vegetables

- |               |                                  |
|---------------|----------------------------------|
| • Broccoli    | • Spinach                        |
| • Corn        | • Mixed vegetables —<br>no sauce |
| • Green beans |                                  |
| • Peas        |                                  |

### Meat and Seafood

#### Chicken

- |                |          |
|----------------|----------|
| • Breasts      | • Strips |
| • Leg quarters | • Thighs |
| • Nuggets      | • Wings  |
| • Tenderloins  |          |

#### Beef, Pork, Poultry, and Seafood

- |                           |              |
|---------------------------|--------------|
| • Fish nuggets and sticks | • Pork chops |
| • Ground beef/turkey      | • Salmon     |
|                           | • Shrimp     |

## Resources

To store refrigerated and frozen foods safely and for best quality, visit

<https://bookstore.ksre.ksu.edu/pubs/MF3130.pdf>

If you have questions about the dates on food products, visit <https://bookstore.ksre.ksu.edu/pubs/MF3204.pdf>

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## Author

Lisa J. Martin, MPH, RD, LD

County Extension Agent

Expanded Food and Nutrition Education Program

K-State Research & Extension-Shawnee County

## Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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