

Medical Minute

Freezer FAQ's



FREEZER FAQ'S HOW LONG DOES FROZEN FOOD LAST?

If kept at the recommended 0 degrees, it can be enjoyed for up to a year for top taste. I know for a fact I have a turkey in my freezer from 3 years ago...and I will still eat it.

DOES FREEZER BURN MAKE FOOD UNSAFE TO EAT?

Freezer burn, caused by air coming in contact with food, doesn't make it inedible, but it can affect flavor and texture. If something is covered with ice, it probably is best to throw it out. I just cut off the bad parts.

CAN I REFREEZE FOODS THAT HAVE THAWED?

Yes, if it has been thawed in the refrigerator. Since some of the moisture is lost, it won't taste quite as good when thawed again. Yeah, I have changed my mind many times when I was ambitious in the morning, and then evening rolls around and I don't feel like cooking anymore. Refreeze, order pizza, problem solved.