

Frozen Foods

Whole Grains

Breads

- Whole grain varieties

Waffles

- Whole grain varieties

Fruits and Vegetables

Fruit without added sugar:

- Berries_____
- Fruit medleys
- Mango
- Peaches
- Pineapple

100% fruit juice concentrate

Vegetables

- Broccoli
- Corn
- Green beans
- Peas
- Spinach
- Mixed vegetables — no sauce

Meat and Seafood

Chicken

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

Beef, Pork, Poultry, and Seafood

- Fish nuggets and sticks
- Ground beef/turkey
- Pork chops
- 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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Notes

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