

Don't Let Your Freezer Burn You Up

If you notice that food in your freezer has white, dried-out patches or ice crystals on it, you have freezer burn. The good news is, eating freezer-burned food won't make you sick. The bad news is, it will make food tough and tasteless.

To prevent freezer burn, wrap food that hasn't been previously frozen in proper freezer wrap (aluminum foil, heavy freezer paper or plastic freezer bags), push the air out, then seal with freezer tape.

Before putting on the lid cover food with plastic wrap or a well-sealed freezer container to avoid freezer burn from the air inside the container.