

Precautions for storing frozen food

Detail Introduction :

1. Do not store frozen food in the refrigerator. 2. Do not put the damaged packaged or unpacked quick-frozen food directly into the freezer. A plastic bag must be added to the package, and the bag mouth should be fastened to prevent product drying or oil oxidation. 3. Do not freeze the thawed food again because the quality of the food will not be as good as before. 4. Do not overfill the freezer, which will affect the air conditioning convection. 5. Do not store frozen food for too long.

Frozen food expires early.

Frozen food will not only lose a lot of nutrients within the shelf life but also may deteriorate. For example, the shelf life of a quick-frozen food at -18°C is three months, but it does not mean that it can be stored for three months at -18°C . If it is not kept at -18°C after leaving the factory, there is no guarantee that it will not undergo qualitative changes within three months. Because all chemical and enzymatic reaction rates are affected by temperature. Generally speaking, the lower the temperature, the slower the decomposition of nutrients, the loss of flavor, the oxidation of fat, etc., and the longer the product quality remains stable. The freezer in the supermarket is often open, and the temperature cannot be kept at -18°C all the time. Moreover, it is difficult for quick-frozen foods to maintain a low temperature of -18°C during processing and transportation. For example, it is impossible to reach -18°C on the way home from the supermarket or to put it in the refrigerator, which will destroy the nutritional content of frozen food. Studies have shown that when stored between -1°C and -8°C , the loss of vitamins is faster than that at 0°C to -4°C .