



## Have You Heard?

By Doris Thomas  
Lancaster Extension  
Home Economist

### How To Shop For Frozen Foods

One of the conveniences that most of us enjoy as homemakers is the home freezer and its accompanying companion, frozen foods. Here are a few simple rules to follow when buying frozen foods to get the greatest value for your food dollar.

- Check your freezer space before going shopping. Don't purchase more frozen food than your freezer can handle.
- Shop the freezer section last. Do not have the frozen food lying in your shopping cart while you mull over the remainder of your food needs.
- Study the freezer case for new

products and ideas. You will find many time-saving products for those times when you are too busy to cook.

- Select food packages which are in perfect condition. Torn or crushed packages will allow the food to dry out and lose taste and quality.
- Make grocery shopping your last stop. Don't allow your frozen food to thaw in the car while you make further stops.
- Place your frozen food in your freezer immediately when you arrive home.
- Remember to label and date packages so that you will be sure to use first the foods which have been in your freezer the longest.
- If you do not have a refrigerator/freezer thermometer, purchase one and place it in your freezer. Keep the temperature of your freezer at Zero degrees Fahrenheit. Food retains its

quality much longer when stored at this temperature.

### Shopping For A Refrigerator Freezer

Modern refrigerator/freezer are designed to use energy more efficiently. Improvements and energy saving features do cost more to buy, but the extra dollars are soon recovered in energy savings.

Keep in mind that the amount of energy consumed by a refrigerator/freezer depends on size, temperature to be maintained, insulation, and defrost system. Factors to consider and evaluate:

- Size or capacity for present and future family needs.
- Options such as ice maker; cost, convenience, satisfaction.
- Estimated energy consumption and operation cost.

- Insulation: type and amount.
- Energy saving features: "power saver" switch, or by-pass condenser loops to prevent condensation.
- Freezer compartment: size, location, and temperature range.
- Type of defrost: manual, cycle (partial), or no-frost (automatic). For example, a frost-free refrigerator/freezer costs more to operate than manual or partially automatic models. The frost-free feature is only one reason for the higher operating cost. Chances are it is larger than the old manual defrost it replaced. The cost-free model probably has more freezer space and maintains 0°F compared to about 15°F for a manual defrost unit. Keeping lower temperatures takes more energy but maintains food quality longer.

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