



# Freezing Food to Extend Shelf-Life During Quarantine

Freezing food is a great way to preserve food. It is a quick and convenient way to extend the foods shelf-life.

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By freezing food, the food can last months to a year depending upon the type of food. When preserving foods, we must follow the proper process and procedure to make sure it is done safely and so quality food results.

If you would like to learn more about freezing, Penn State Extension has an article on [Understanding the Process of Freezing](#) .

Our website also contains

resources on [freezing fruits](#) , [freezing vegetables](#) , and [freezing herbs](#) . Specific freezing details on individual foods like [celery](#), [corn](#), [walnuts](#) , [strawberries](#) , [potatoes](#) , and many others can be found in our [Let's Preserve](#) fact sheets.

Many foods freeze well, but there are some foods like cabbage and cucumbers, which do not freeze well for extended storage. The [National Center for Home Food Preservation](#) has information on foods that don't freeze well.

