



COVID-19 TIPS

Preserving Your Current Inventory

What do you do with the fresh products you've already purchased? We are here to help with ideas to help you prevent food waste.

So, how can you salvage products to keep them from going to waste? Not everything can be saved, but here are a few examples.

You can create frozen meals to-go for your patrons. Grab some plastic deli containers or heat resistant to-go boxes.

1. Grill off your chicken breasts, then freeze those.
2. Cook and cool your vegetables. Portion and freeze.
3. Try pre-scooping and freezing mashed potatoes (it works!).
4. If you want to add a sauce, freeze in a portion cup.
5. Assemble everything in the to-go container or deli containers.
6. Print instructions for reheating.



Fresh Vegetables

PICKLES - It's easy and cheap.
(vinegar + whatever flavoring you'd like = pickles)

LETTUCE

Lettuce is always hard, but try making a lettuce and bean soup, then freeze in quart containers.

VEGETABLE SOUP

FREEZE VEGETABLES

Blanch fresh vegetable like green beans, zucchini, or broccoli and freeze, then bag once frozen.



Tomatoes

Make homemade marinara and freeze for later. If that's too much trouble, you can cook tomatoes down with some salt, and puree. Tomato jam also a great way to preserve.



Berries

Fresh berries can be cooked and turned into purees, then frozen. Use these later for desserts or in drinks, or just freeze on a sheet pan and once frozen bag in bulk for sauces and smoothies later.



Fresh Fish

Portion the fish, place the portions on a sheet pan and freeze them. If you can, spray the top of the frozen fish or seafood with a small amount of water, to prevent freezer burn. Once frozen, wrap tightly with plastic wrap individually, then you can stack or box.



Protein

These products can be frozen from a raw state. You will gain more shelf life if cooked, then frozen.

- Chicken breasts can be roasted, chopped and bagged.
- Chicken wings can be par cooked, then frozen on sheet pans individually for later use. These could be offered as a meal to go as well.

foodie.sysco.com/covid

©2020 All Rights Reserved. Sysco Corporation. 593869

Sysco
At the heart of
food and service