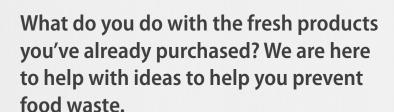


# Preserving Your Current Inventory



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 about 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.

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