How to Freeze Fruit

Region of Waterloo
PUBLIC HEALTH

Freezing fruit is an excellent way to preserve food and reduce waste.

This resource provides information on how to freeze fruit using dry or wet pack methods. It also includes specific recommendations for preparing various fruits.

Tools

- Fruit
- Freezer bags/food storage containers
- Baking tray
- Wax paper

How to do a Dry Pack

1. Select fresh, ripe fruit in season
2. Wash fruit in cold water and pat dry using a tea towel or paper towel
3. Prepare fruit according to the fruit freezing chart (see next page)
4. Spread fruit in a single layer on baking tray lined with wax paper or parchment
5. Place baking tray in freezer. Freeze fruit just until firm
6. Transfer fruit to freezer bags or food storage containers that seal tightly to prevent exposure to air and moisture loss
7. Label packages with name of fruit and date frozen. Return to freezer for storage, and use within six months for best flavour

How to do a Wet Pack

1. Select, wash, and prepare fruit as in steps 1–3 for the Dry Pack
2. Place fruit in containers and pour water or 100 per cent fruit juice over fruit. Leave 1.5 cm of room at the top of containers in case the fruit expands
3. Place a crumpled piece of wax paper on top to hold the fruit under the liquid
4. Put lids on containers, seal tightly and label. Freeze for up to six months

Applesauce or other crushed/pureed fruit can also be poured into containers and frozen (remember to leave 1.5 cm of room at the top of containers)

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Prevent browning of fruit

Peaches, nectarines, apples, apricots and pureed fruits start to turn brown once they are cut and exposed to the air. You can prevent browning by adding ascorbic acid crystals or a commercial anti-browning product (follow the package directions). Lemon juice works as well but it will change the flavour of the fruit.

Directions for using ascorbic acid crystals:

- Dry Pack – Sprinkle onto prepared fruit before freezing, mix gently
- Wet Pack – Mix directly into water/juice/puree before pouring into containers

Do I need to add sugar?

Sugar is not required to freeze fruit safely. Storing food at freezing temperatures (0°Farenheit or colder) stops bacterial growth without the need for added sugar.

Enjoy the natural sweetness of fruit without adding sugar!

Fruit Freezing Chart

Fruit	How to prepare fruit for the freezer
Peaches	1. Wash and peel peaches 2. Slice or halve peaches and remove the pits 3. Sprinkle with ascorbic acid (or peaches will darken during freezing)
Strawberries	1. Wash and remove stems 2. Slice strawberries, cut in half, or freeze whole
Blueberries	1. Remove stems 2. Do not wash blueberries before freezing as the skin may become tough 3. Instead, wash blueberries before serving
Rhubarb	1. Wash stocks 2. Prepare rhubarb by trimming and cutting into one inch pieces
Apples	1. Wash, peel, core, and slice apples 2. Pack in water or 100 per cent fruit juice mixed with ascorbic acid

For more fruit freezing tips, visit Foodland Ontario's Freezing Fruit Chart at:
www.foodland.gov.on.ca/english/freezing-on-fruit.html

For more information on healthy eating, visit EatRight Ontario at www.eatrightontario.ca or call toll-free 1-877-510-5102 to speak with a Registered Dietitian.

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