

Food items should be labeled with the following information:

- Descriptor (Lentil Soup)
- Ingredient statement or, at the very least, an allergen statement. The eight major allergens are: milk, egg, fish, crustacean shell fish, tree nuts, wheat, peanuts and soybeans. Keep in mind that some common ingredients contain allergens (for example, butter contains milk).
- Attributes such as gluten-free
- Name or initials of the person who donated the food

Food Safety tips for frozen foods

- Cool slightly at room temp immediately after prep, then cover loosely and move to fridge for at least 2 hours, then seal tightly and move to freezer. Do not stack – allow room for cold air to flow around the items until they are completely frozen
- Use airtight containers. If using bags, freezer bags are better than standard food storage bags.
- Don't re-freeze. Keep frozen items frozen during transport to church and put them in the church freezer right away.
- Items that freeze well include meat/seafood, broth-based soups, stews, casseroles, curries. Items that do not freeze as well include eggs, mayonnaise, creamy soups, sauces, dressings, fried foods, lettuce.