

Frozen Food: An Essential Part of Food and Nutrition Access

The American Frozen Food Institute (AFFI) advocates for the inclusion of frozen food in federal programs and services designed to provide families, mothers, infants and school children with access to affordable and nutritious food options. To help consumers choose foods that meet their family's needs and overcome barriers to healthy eating, nutrition incentive programs should include frozen food.

Supports Produce Consumption



- No matter the temperature state, fruits and vegetables are important for consumer nutrition.
- The Dietary Guidelines for Americans (DGAs) recommend consumers eat all forms of fruits and vegetables in order to meet the recommended number of servings.
- When consumers have various forms of fruits and vegetables available in their home, their produce intake is higher than if just fresh is available¹.

Promotes Food & Nutrition Equity



- Frozen food plays an important role in addressing barriers to nutrition. Easy to follow on-packaging instructions help consumers prepare meals with minimum equipment, cooking skills or time, and still enjoy foods for diverse cultural preferences.
- The U.S. Department of Agriculture's (USDA) Thrifty Food Plan recognizes the value of frozen food in helping consumers eat a diet that meets federal nutrition guidance.
- Pre-packaged servings allow for portion control and following caloric goals.

Reduces Food Waste



- Frozen food is critical to fighting food waste due to its extended shelf-life and pre-portioned servings that help consumers prepare just the amount of food they plan to eat.
- Families throw out up to \$2,275 worth of food each year². With the increased inclusion of frozen foods, families can save money and extend their food dollar. At the same time, reduced food waste translates to less GHG emissions from landfill usage.

Learn more about the benefits of frozen food at www.frozenadvantage.org.

¹Produce for Better Health, www.fruitsandveggies.org

²<https://www.nrdc.org/media/2012/120821>