



Frozen Vegetables, Herbs and Fruit

Always read and follow the manufacturer's instructions on frozen fresh products.

Frozen vegetables must be cooked prior to consumption unless the manufacturer's instructions state otherwise.

Never defrost these foods and add to salads, sandwich fillings, wraps etc without cooking them first to destroy any bacteria or viruses.

Why?

Frozen vegetables, herbs, and fruit can be a source of foodborne illness. Frozen sweetcorn was the cause of a major food poisoning outbreak across Europe and the UK in 2018.

How?

Most vegetables are blanched prior to freezing, but this is done for quality purposes (i.e. to achieve and retain the desired colour and texture). It is possible for pathogenic bacteria to survive the blanching process. Frozen herbs, fruit and berries are usually untreated. Frozen vegetables can also be contaminated during processing.

Remember

Always cook frozen vegetables unless the manufacturer's instructions state otherwise. For frozen herbs and fruit always follow the manufacturer's instructions for preparation and use.