



## CERTIFICATE OF COMPLETION

**Webinar** – Freezing & Frozen Food Safety: Maximizing Nutrition, Convenience & Affordability

Wednesday, May 14, 2025

1 to 2 p.m. Eastern

This is to certify that:

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attended this webinar and participated in 1.0 hour of professional learning.

A handwritten signature in black ink, appearing to read "Brittany Saunier", is written over a horizontal line.

Brittany Saunier, PFSE Executive Director





**Webinar – Freezing & Frozen Food Safety:  
Maximizing Nutrition, Convenience & Affordability**  
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### **AGENDA**

Welcome & Housekeeping (3 min or less)  
Katie Weston, PFSE

“Chill” and Frozen Foods (40 minutes)  
Sanjay Gummalla, Ph.D., AFFI

Q&A with Speaker (10 min)

Resources & Educational Tools (10 minutes)  
Katie Weston, PFSE

Wrap-up (2 min or less)  
Katie Weston, PFSE

### **OBJECTIVES**

- Understand the freezing process and its role in food preservation. Gain insights into how freezing works to maintain food quality, the various categories of frozen foods, the benefits of proper freezing techniques, and the microbial risks associated with improper freezing practices.
- Learn about common consumer behaviours and challenges related to frozen food storage and preparation, including following package instructions and maintaining appropriate freezer temperatures, and particular impacts for vulnerable populations.
- Discover effective approaches that encourage consumers to consistently follow proper chilling practices, aligning with the Healthy People 2030 food safety goal of "getting more consumers to consistently follow proper chilling practices."