

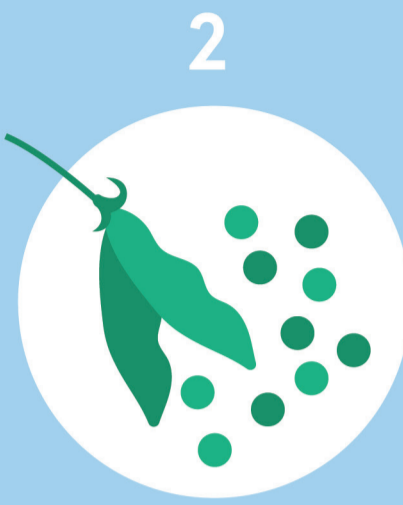
# FREEZE TO COOK AT EASE



From picking to freezing – a journey to frozen peas



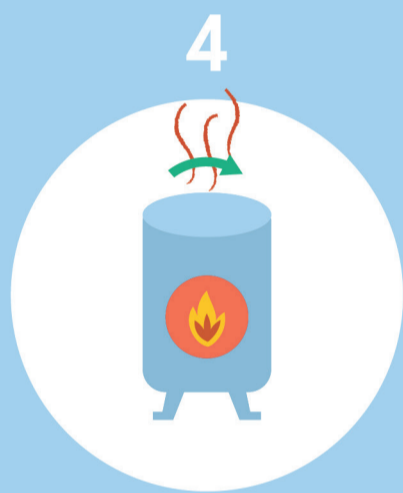
PICKING



GRADING & SORTING



WASHING



BLANCHING

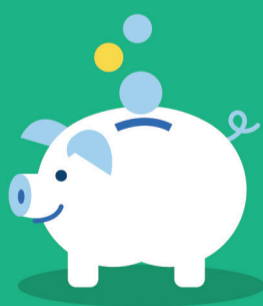


PACKAGING



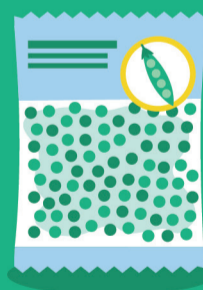
FREEZING

## KEY FACTS



### CHEAPER THAN FRESH

saving on transport and storage



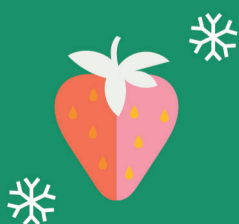
### EXTENDED SHELF-LIFE

retains the quality of foods over long storage periods



### HELPING REDUCE FOOD WASTE

due to portion control and longer shelf-life



Spinach, broccoli, cauliflower, strawberries, mango or banana  
**many other vegetables and fruits also freeze well!**