



## How to Wrap Meat Like a Pro – LEM Style!

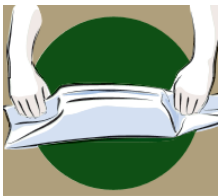
To make a good, air tight package that will protect the meat and prevent freezer burn, we recommend using “The Drug Store Wrap” shown here. Always use good quality freezer paper like LEM Poly-Coated Freezer Paper, to seal in freshness.



1. Tear off enough paper to go about one and a half time around meat. With the shiny or waxed side facing up, place meat on the center of paper.



2. Bring the ends together. Start folding the ends of paper together over the center of the meat, making each fold about one inch wide. Crease the folds securely as you go. Fold down to the meat, using the last fold to pull the paper tightly around it.



3. To keep an airtight package, hold the paper firmly around the meat and fold in each of the four corners of paper, as you would when wrapping a gift, to create a point at each end.



4. Turn the pointed ends under the package, folding about an inch of paper under each end.



5. Seal the package with freezer tape. You now have a tight package that will keep air out and moisture in!

6. Label each package with date and contents, including meat type, cut and amount. Place packages in the freezer without stacking, leaving space between them for air circulation. This will allow the meat to freeze more quickly. After completely frozen, stack them up.

