

Guidelines on how to pack cold or frozen food

Ready to start packing? Use the steps below to preserve your perishables:

	To keep items cold:	To keep items frozen:
Step 1	<p>Prepare gel coolants and an insulated container.</p> <ul style="list-style-type: none">• Freeze the coolants according to the manufacturer's guidelines. If possible, precool the container.• Line the inside of the container with a plastic liner.• Place absorbent material on top of the liner to capture any liquid or condensation.	<p>Prepare perishables and an insulated container.</p> <ul style="list-style-type: none">• Freeze your items before packaging and precool the container, if possible.• Line the inside of the container with a watertight plastic liner if your item can melt or thaw. If you're shipping a liquid or item that could contain liquid, you'll also need to line the container with absorbent materials.
Step 2	<p>Arrange your cold perishables securely inside the insulated container.</p> <ul style="list-style-type: none">• Place your item inside the container. If you're shipping a <u>liquid</u> or a perishable product that contains a liquid, double-bag the item using watertight plastic	<p>Arrange your frozen perishables securely inside the insulated container.</p> <ul style="list-style-type: none">• Place your item inside the container. If you're shipping an item that can melt or thaw, double bag the item using

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	<p>bags before placing it inside the container.</p> <ul style="list-style-type: none"> • Place coolants on all sides and on top of your item. • Fill any empty space with packing materials, such as packing peanuts or crumpled paper. • Close the liner bag by <u>twisting the top of the bag tightly</u>. Fold it back against itself and seal it closed with a rubber band. • Place the lid on the container. 	<p>watertight plastic bags before placing it inside the container.</p> <ul style="list-style-type: none"> • Arrange your item so that there's enough space for dry ice. Then place dry ice around the item and on top of it. • Fill any empty space with packing materials, such as packing peanuts or crumpled paper. • If you used a liner bag inside the container, fold it closed, but don't completely seal it. The dry ice generates carbon dioxide, and it must be allowed to vent. • Place the lid on the container.
Step 3	<p>Package the insulated container in a corrugated box.</p> <ul style="list-style-type: none"> • Use the H taping method to apply at least three strips of packing tape (at least 2" wide) to the top and bottom of the box, and then to all seams and flaps. • Mark your package "perishable" if it's not already on the box. 	<p>Package the insulated container in a corrugated box.</p> <ul style="list-style-type: none"> • Use the H taping method to apply at least three strips of packing tape (at least 2" wide) to the top and bottom of the box, and then to all seams and flaps. • Mark your package "perishable" if it's not already on the box. • Place your shipping label on top of the box.

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	<ul style="list-style-type: none">• Place your shipping label on top of the box.	<ul style="list-style-type: none">• Because dry ice is considered dangerous goods or hazardous materials, you must complete the required paperwork and labeling requirements.

Packing pointers: Use these tips to ship your perishables

- Pack your shipment so that it can withstand being handled in different orientations.
- Use a refrigerant that will keep products within the required temperature range. Gel coolants refrigerate products between 34°F (1°C) and 50°F (10°C). Use dry ice for frozen items.
- Use an insulated foam container with a minimum of 1-1/2"-thick walls. Line the inside of the container with a watertight plastic liner if your item can melt or thaw.
- Double-bag perishable products that can melt or thaw and shipments that contain liquid in watertight plastic bags (minimum of 2-mil thickness).
- Place the insulated foam container inside a sturdy outer container, such as a corrugated box.
- Place your label on top of the box to increase the chances that your shipment will be transported in the preferred orientation.
- Provide the address and 24-hour phone number of both the shipper and the recipient on each shipping label. Mark your package “perishable” if it’s not already on the box. Marking your box with “This End Up” doesn't guarantee that it will remain that way while in transit. By placing your label on top, you increase the chances that it will be shipped in the preferred orientation.

