

One Pager! About Frozen Food

○ Overview of Frozen Food

Frozen food refers to food that meets the following four main conditions.

- Pre-processed
 - Quick Freeze
 - Packed Properly
 - Store in a Cold Place
- And it has some following attractions.
- Maintain Original Nutrition
 - Hygiene
 - Can Be Stored and Stocked
 - Eco-friendly, Since You Don't Need to Waste Food
 - Safely Managed

A wide variety of frozen foods can be divided into four major categories.

- Frozen fresh fish and shellfish for raw consumption
Sashimi, peeled fish and shellfish, etc.
- Unheated food
Frozen vegetables, boiled octopus, etc.
- Heated food before freezing
Croquettes, fried fish, etc.
- Unheated food before freezing
Frozen dumplings, shumai, etc.

○ Social Changes and Frozen Foods

Since frozen food can be stored, it contributes to some goals of SDGs.

- **2. Zero Hunger**

Frozen food maintains both its taste and nutrition, and with the development of distribution networks, it will be possible to supply it to the world.

- **3. Good Health and Well-Being**

You can maintain not only your mental health but also your body.

- **12. Responsible Consumption and Production**

Frozen food can reduce food loss.

- **13. Climate Action**

Frozen food also can reduce greenhouse gas emissions.



Plus, frozen food adapts to the change of family form. Women's advancement in society has been being promoted even today, a traditional thought of "Women should be home" still exists. For such busy women, frozen foods you can cook easily are successively launched.

What is more, because of COVID-19, we have much time to spend at home and the consumption of frozen foods which is easy to cook increased. In this way, frozen food is more popular these years.