



FRESH THINKING. FROZEN ADVANTAGE.

Strong Roots. Bright Future.

Since 1887, we've been feeding trust by delivering smart, flavorful solutions that work as hard as you do. When it comes to choosing between frozen and fresh vegetables, here's why frozen is the clear winner—for your bottom line, your prep line, and your peace of mind.



Less Waste, More Wins.

Fresh veggies spoil fast and get trimmed down before they hit the plate. Frozen? You use what you need and save the rest. No waste. No guesswork. Just smart portions.



Food Safety You Can Count On.

Frozen vegetables are processed and packed under strict controls, reducing handling and contamination risk. That's one less thing to worry about in your kitchen or freezer aisle.



Zero Prep. All Performance.

Pre-washed. Pre-cut. Ready to roll. Frozen vegetables show up ready to work—saving time and labor, every time.



Freshness Locked at the Peak.

Flash-freezing seals in flavor and nutrients at harvest. Fresh vegetables lose quality with every mile and minute. Frozen delivers peak performance every time.



Shelf Life That Works as Hard as You Do.

Fresh produce has a short life. Frozen vegetables stay fresh for up to 12 months, giving you flexibility, fewer spoilage losses, and better inventory control.



Always in Season.

Fresh vegetables come and go with the seasons. Frozen vegetables are always in stock, always consistent, and always ready to perform. No seasonal gaps. No quality swings. Just uniform flavor and texture - anytime, anywhere.



FOR SAMPLES OR MORE INFORMATION
CONTACT SALES@LAKESIDEFOODS.COM

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[LAKESIDEFOODS.COM](https://www.lakesidefoods.com)



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