

# 12 TIPS FOR SHIPPING FRESH, REFRIGERATED AND FROZEN GOODS



1. Select the Best Shipping Mode



2. Match the Product to the Mode



3. Pre-Cool the Product



4. Know the Proper Shipping Conditions for Your Products



5. Avoid Freezing and Chilling Injury



6. Make Sure Equipment Has Proper Circulation



7. Keep Equipment Clean



8. Check Equipment for Leaks and Damage



9. Pre-Cool (or Pre-Warm) the Rail Car or Truck



10. Shut off the Refrigeration Unit Before Loading



11. Use the Proper Packing Materials



12. Have the Proper Loading/Unloading Environment