

# Quick and Easy Meals Using the Freezer



Making meals ahead and freezing them in single-serve sizes can save you time and money. And, homemade freezer meals will be lower in fat and sodium than store bought ones.

## Things you will need

- ✓ Your choice of freezer-safe containers - heavy plastic bags that seal, plastic containers with tight fitting lids, aluminum foil and plastic wrap, disposable aluminum pie plate or cake pan and heavy plastic wrap.
- ✓ A permanent marker in a dark color
- ✓ Masking tape
- ✓ Notepaper
- ✓ Pen or pencil

## Keep It Safe

- ✓ Most frozen foods will last 3 to 6 months.
- ✓ When re-heating your freezer meals in the microwave, please use microwave safe containers. Some of the plastic containers we use to freeze foods in are not safe for the microwave.

## Making Freezer Meals

1. When you are cooking, make extra to freeze. Casseroles and one-pot recipes usually work well. Many soups and stews are also good freezer foods.
2. When the recipe is cooked, spoon into your freezer container. Seal the container leaving a small amount of air space.
3. Mark the container with the date and the name of the recipe.
4. On your notepad write down the date, the number of portions you are placing in the freezer and the name of the recipe.
5. Keep the notepaper on your freezer door to remind you what is inside. The next time you want a meal that only requires heating-up check your list to see what you have.



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