



Freezer Meal Tips

1. Label every freezer meal with the name and date.
2. Use the oldest meals first ("First In, First Out").
3. Freeze soups and casseroles in family-size portions.
4. Lay freezer bags flat to save space.
5. Blanch many vegetables before freezing for the best texture.
6. Keep a freezer inventory on the refrigerator.



Freezer Meal Tips

1. Label every freezer meal with the name and date.
2. Use the oldest meals first ("First In, First Out").
3. Freeze soups and casseroles in family-size portions.
4. Lay freezer bags flat to save space.
5. Blanch many vegetables before freezing for the best texture.
6. Keep a freezer inventory on the refrigerator.

