

# SAVE-AND-STORE MEALS

## FOR YOUR FREEZER

### *Ice, Ice, Baggie*

PACK AND FREEZE YOUR FOOD FOR LATER WITH A FEW SUPPLIES FROM SAVE-A-LOT.



#### FREEZER BAGS

Easy to store in the freezer and perfect for pieces of fruit, veggies and meat.



#### PLASTIC CONTAINERS

Easily stackable and the best choice for storing soups and liquids.



#### ALUMINUM FOIL

Useful for containers that don't have lids. Just make sure you wrap it tightly.



#### LABELS

What did you make? When did you make it? How do you warm it up?

## COLD TIPS

STORE FOR SUCCESS WHEN YOU FOLLOW OUR FREEZER TIPS:

- ❄️ Pack foods tightly leaving as little air as possible to prevent freezer burn.
- ❄️ Store meals no longer than three months.

- ❄️ Cooked meals should be cooled to room temperature before placing in the freezer.

Freezer Meals Made Easy

# Slow Cooker Chicken Soup

WITH MEXICAN SEASONINGS

1 lb chopped carrots  
1 diced onion  
2 cloves minced garlic  
2 chopped tomatoes  
1 cup tomato juice  
1 tsp cumin

1 tsp fennel seeds  
1 tsp chili powder  
1 tsp salt  
2 tbsp lime juice  
1 lb chicken breasts

**FREEZE  
NOW**



Combine all ingredients in a gallon-sized plastic freezer bag.

Remove as much air as possible and freeze for up to three months.



**COOK  
LATER**



Thaw and add to slow cooker with 4 cups chicken broth.

Cook on "low" setting for 4-8 hours, or until carrots are soft and chicken is cooked through. Shred chicken with a fork and stir.





# COOK N' EAT MEAL

RECIPE

FROZEN ON

INGREDIENTS

COOKING DIRECTIONS



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# RAIN, RAIN GO AWAY

SAVE YOUR MEAL FOR ANOTHER DAY!

RECIPE

MADE ON

REHEATING INSTRUCTIONS



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