

Feeding Frenzy! Who Needs to Eat Anyways?!? Freezer Meals for the Big Family!



Gather recipes you and your family will enjoy. Take the time to plan – it's worth it! We have used many resources in the past such as:

Once a Month Cooking

Big Cook I & Big Cook II

Freezer Meals 101 by Sharla Kostelyk

And recently, I have heard someone mention Pinterest, but I have yet to look there for meals.

Start to plan and save up some money as it is expensive at first! As you go through the months of enjoying your freezer meals, you can put money aside for your next big cook!

If you plan to make a lot of hamburger meat recipes, cook your beef through the night, or early in the morning to be ready to go for the day.

Buy your meat fresh the day of or day before as you don't want to freeze, thaw, then freeze again.

Invest in a good can opener – an electric one would be even better!! You don't want to mess around come cooking day!

It makes things a little easier to mix your meals in a mixing bowl first, and then put it into a Ziploc or a container. That way when you go to put your frozen meal into the slow cooker, the pepper, spices or sour cream isn't all clumped together.

When bagging your freezer meals, place the bag in a large margarine container, or a container similar to that, as it helps hold the bag upright ... unfortunately, I learned that one the hard way.

Don't skimp out on the freezer bags. Buy the good ones. Thaw your meals in a bowl, as I find they do tend to leak some of the liquids.

If you have young children, cut the meat to their bite size on your cooking/assembling day, that way you are saved time once again when you prepare your meal to eat!

If you are short on pans, you can line your pan/casserole dish with tin foil, freeze it, and then pop it out, wrap it better, and put it back into the freezer ... then you have your dish back.

Thank you! Kimberly Walker ... AHEA April 2017