



Don't Panic - Dinner's in the Freezer!



Don't panic cooking simply means you cook meals in larger amounts and freeze the extra meals. You will rely less on convenience and/or fast foods when you are short on time because you always have healthy and home-cooked meals in your freezer.

Here are some tips to help you spend less time, money, and energy on cooking healthy meals.



Keep It Simple

Simply double a favorite family recipe when you do have the opportunity to cook. Have one meal for dinner that night and then put the other meal in the freezer to serve at a later time.



Choose A Day

Preplanned activities that make it to the calendar tend to be the ones that get done. This step requires you to look at your daily and weekly responsibilities and choose a block of time for cooking. By cooking more than one meal at a time you decrease the amount of time spent doing dishes and cleaning the kitchen.



Choose Your Meals/Recipes

Choose meals or recipes for that week that use items that are on sale. Look at the grocery store's weekly advertisements and prepare meals that take advantage of sale items. Ask your family for meal ideas too!



Make Your Shopping List

Your shopping list should be made before going to the grocery store. Sale items, to an extent, should direct where you shop. The key is to avoid paying full price for meat and fish and as many other items as possible. Double your recipes before shopping so you buy enough of everything you need.

Tips adapted from: Don't Panic - Dinner's in the Freezer.

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