



START A FREEZER CLUB: EAT HEALTHIER WHILE SAVING TIME AND MONEY

A Freezer Club is a small group of friends who commit to cooking freezer-friendly meals for one another about once a month. After planning out a menu together, club members then cook and freeze either one or two meals for each person in the group before the next meeting.

The New Year is a perfect time to consider starting your own Freezer Club. You'll save money and time by buying and cooking in bulk, reducing superfluous grocery store runs, and not eating out. Additionally, one of the best parts of a Freezer Club is that it helps families eat healthy meals at home.

Every Freezer Club may run a bit differently, but here are some suggested steps:

STEP 1: MEET ABOUT ONCE A MONTH

Each member brings their recipe ideas. Then the group decides which ones to try that month and assigns each member with 1-2 recipes. At the end of each meeting, grab your coolers and swap meals from the previous month's round!

STEP 2: COOK ASSIGNED MEALS AT HOME

Each member cooks their assigned meals (4 servings per meal, at least) for every other member in the group during the month.

STEP 3: LABEL AND FREEZE MEALS

Be sure to label your meals before freezing them, including the name, date prepared, who prepared it, and directions for what to do with it after thawed (i.e. "Bake at 350 for 20 minutes").

After joining a Freezer Club, you realize how vital a stand-alone freezer is to housing your monthly bounty. There are so many options on the market, but the upright Frigidaire Gallery® 2-in-1 Freezer has everything you could want or need. With adjustable shelving and door bins, you can see and find food in a snap—without digging through piles. Plus, if your power ever goes out, the thicker walls of this freezer keep food frozen for more than two days! And, get this: if your food storage needs ever changed, this appliance is actually a 2-in-1 Freezer or Refrigerator.

STEP 4: KEEP TRACK OF RECIPES

Before meetings, each member uploads any new recipes they made that month to a shared online Freezer Meal folder so that you have an awesome index of recipes to use over and over!

Ready to take freezer cooking with friends to the next level? A great place to start is with this healthy freezer meal recipe for Light and Easy Chicken Cacciatore.