

FREEZER *inventory*

<p>LEFTOVER MEALS</p> <p>Include foods that are pre-portioned into single serve or family sized containers which can be moved into the fridge to thaw for lunch or dinner.</p>	
<p>COMPONENTS OF MEALS</p> <p>Easy proteins (such as meatballs, chicken fingers or fish), sauces or batch recipes that can be used as part of a meal.</p>	
<p>USE-UP</p> <p>Items that you keep stocked up such as English muffins, tortillas, frozen fruit or vegetables.</p>	
<p>MISCELLANEOUS</p> <p>Items for personal use, large batch food that can be eaten for several meals (such as stew or lasagna).</p>	